

US011937904B2

(12) **United States Patent**  
**Ochs et al.**

(10) **Patent No.:** **US 11,937,904 B2**

(45) **Date of Patent:** **Mar. 26, 2024**

(54) **DETECTING THE END OF CARDIO MACHINE ACTIVITIES ON A WEARABLE DEVICE**

(58) **Field of Classification Search**  
CPC ..... A61B 5/02438; A61B 5/02416; A61B 5/1118; A61B 5/6813; A61B 5/0223  
(Continued)

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(73) Assignee: **Apple Inc.**, Cupertino, CA (US)  
(\* ) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 353 days.

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(21) Appl. No.: **17/016,020**  
(22) Filed: **Sep. 9, 2020**

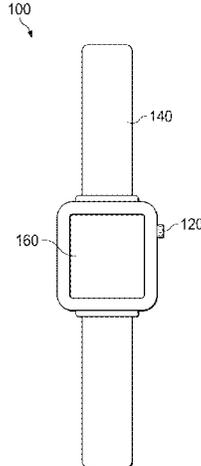
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(65) **Prior Publication Data**  
US 2021/0068689 A1 Mar. 11, 2021

(57) **ABSTRACT**  
Disclosed embodiments include wearable devices and techniques for detecting cardio machine activities, estimating user direction of travel, and monitoring performance during cardio machine activities. By accurately and promptly detecting cardio machine activities and automatically distinguishing between activities performed on different types of cardio machines, the disclosure enables wearable devices to accurately calculate user performance information when users forget to start and/or stop recording activities on a wide variety of cardio machines. In various embodiments, cardio machine activity detection techniques may use magnetic field data from a magnetic field sensor to improve the accuracy of orientation data and device heading measurements used to detect the end of a cardio machine activity.

**Related U.S. Application Data**  
(60) Provisional application No. 62/897,722, filed on Sep. 9, 2019.  
(51) **Int. Cl.**  
**A61B 5/24** (2021.01)  
**A61B 5/00** (2006.01)  
(Continued)  
(52) **U.S. Cl.**  
CPC ..... **A61B 5/02438** (2013.01); **A61B 5/02416** (2013.01); **A61B 5/1118** (2013.01); **A61B 5/6813** (2013.01); **A61B 2562/0223** (2013.01)

**19 Claims, 22 Drawing Sheets**



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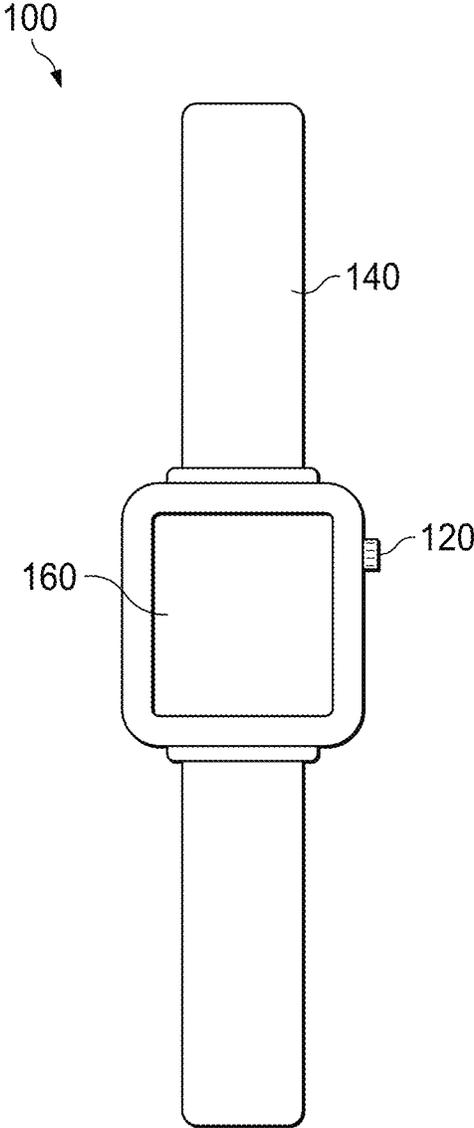


FIG. 1

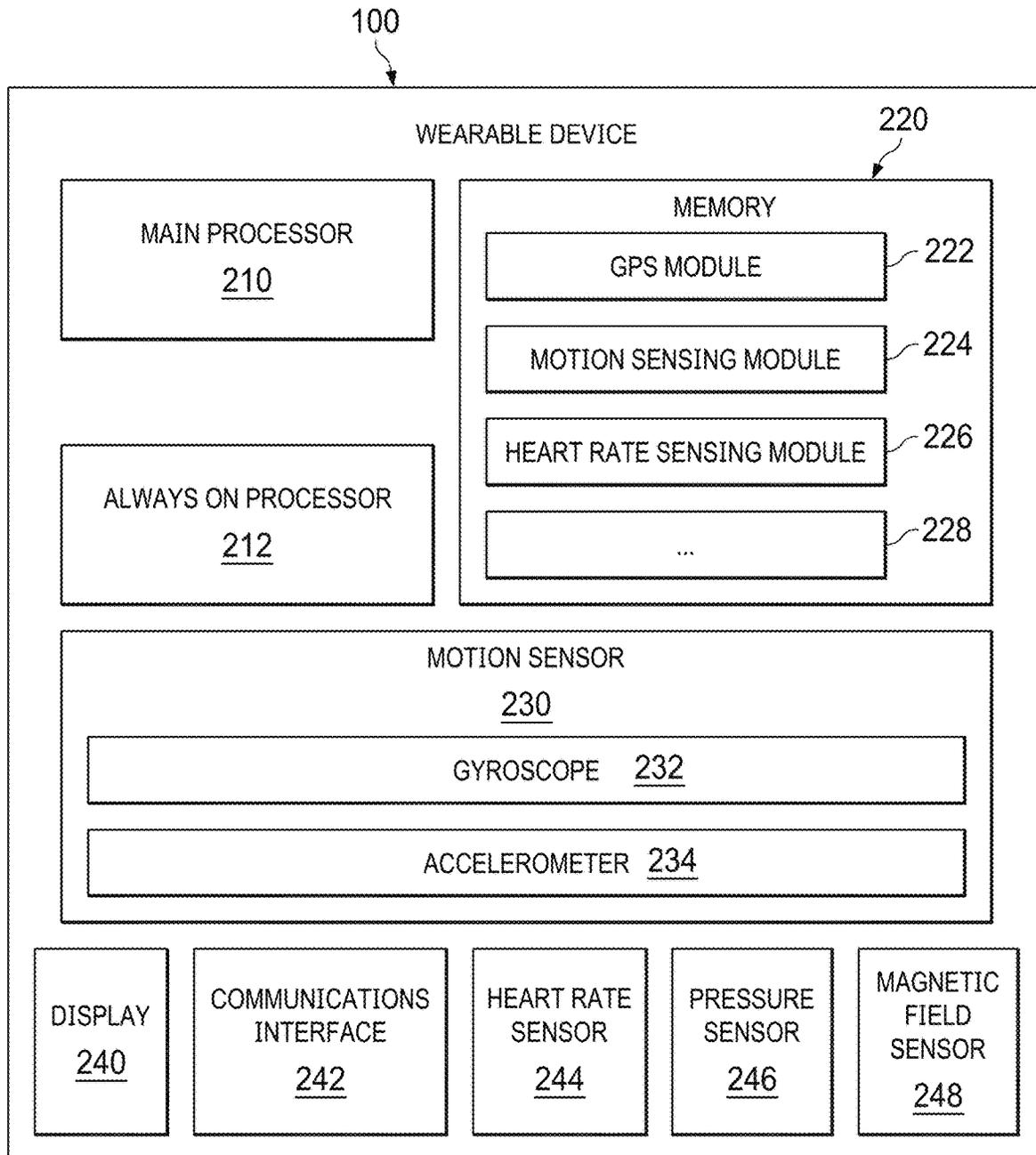


FIG. 2

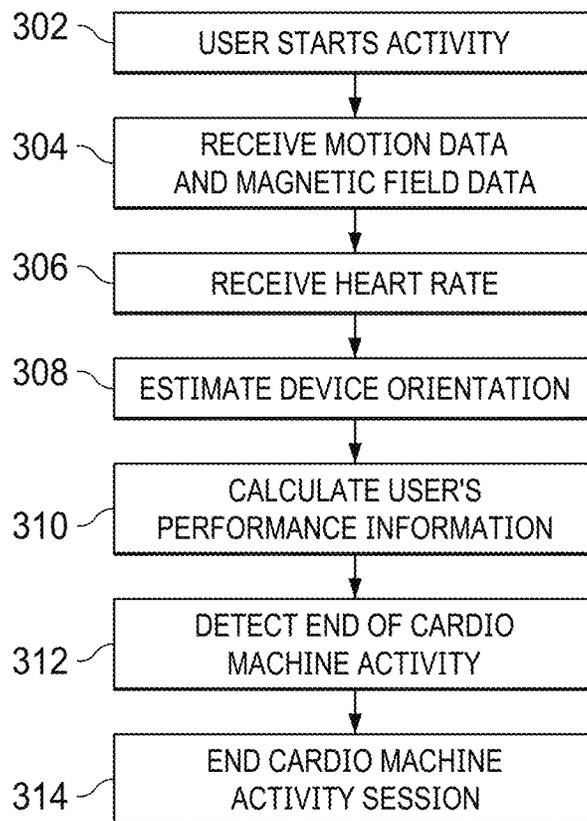


FIG. 3

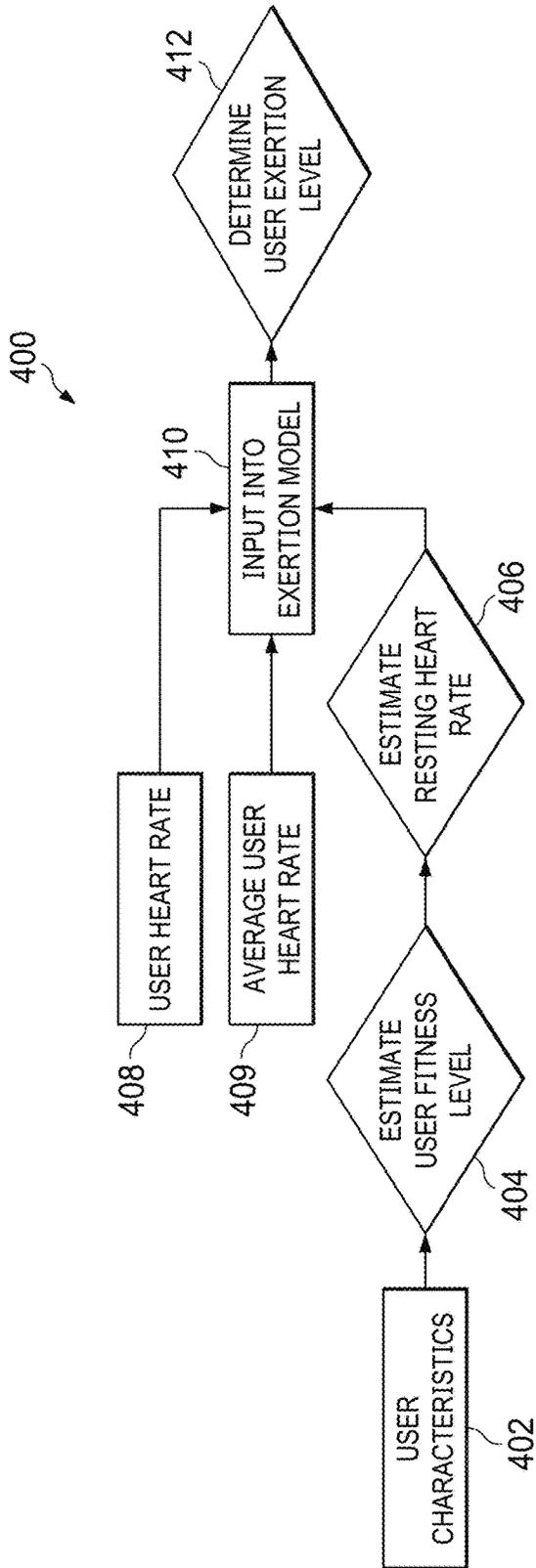


FIG. 4

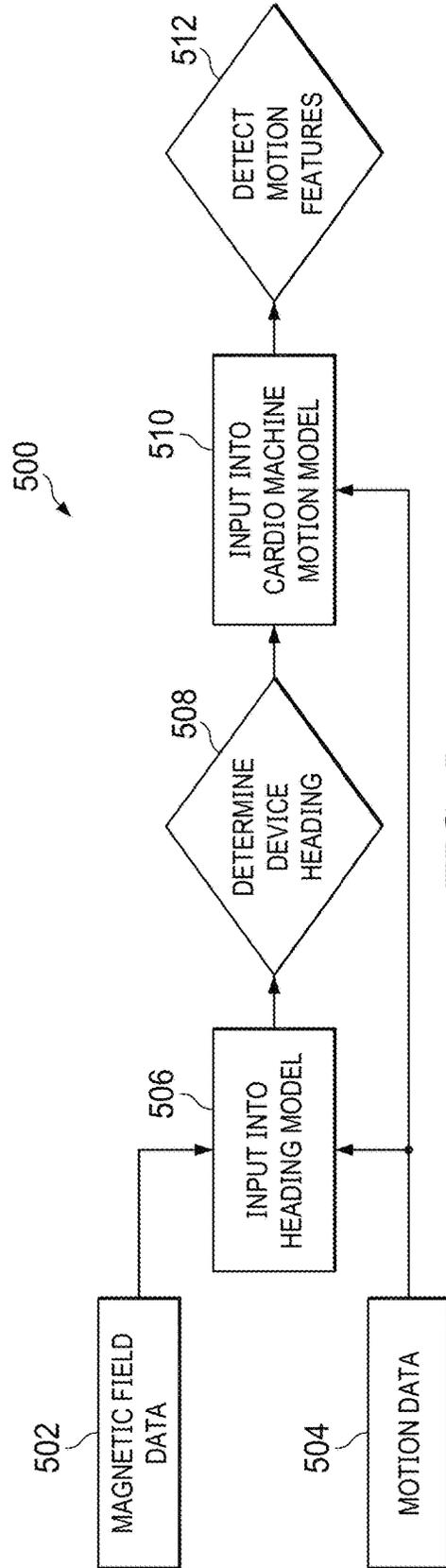


FIG. 5

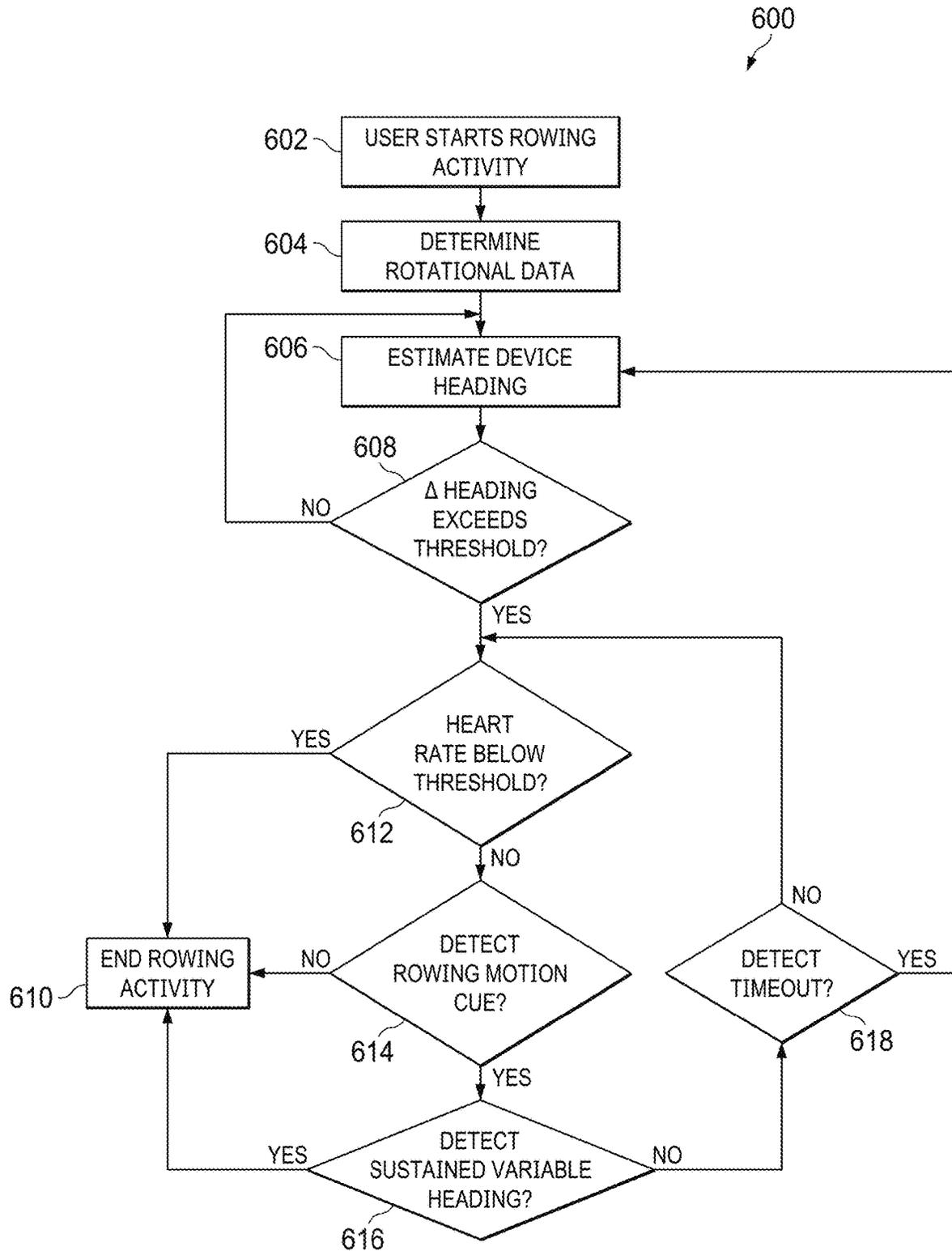


FIG. 6

FIG. 7

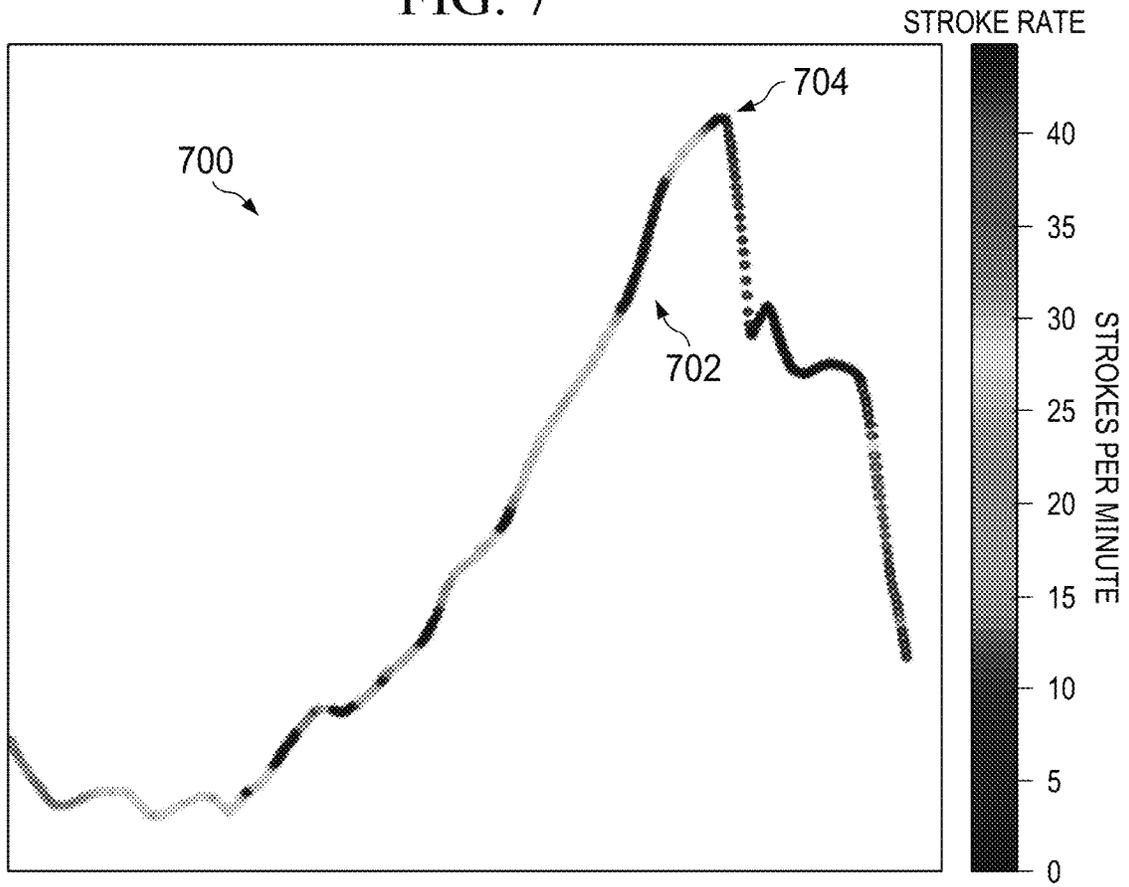
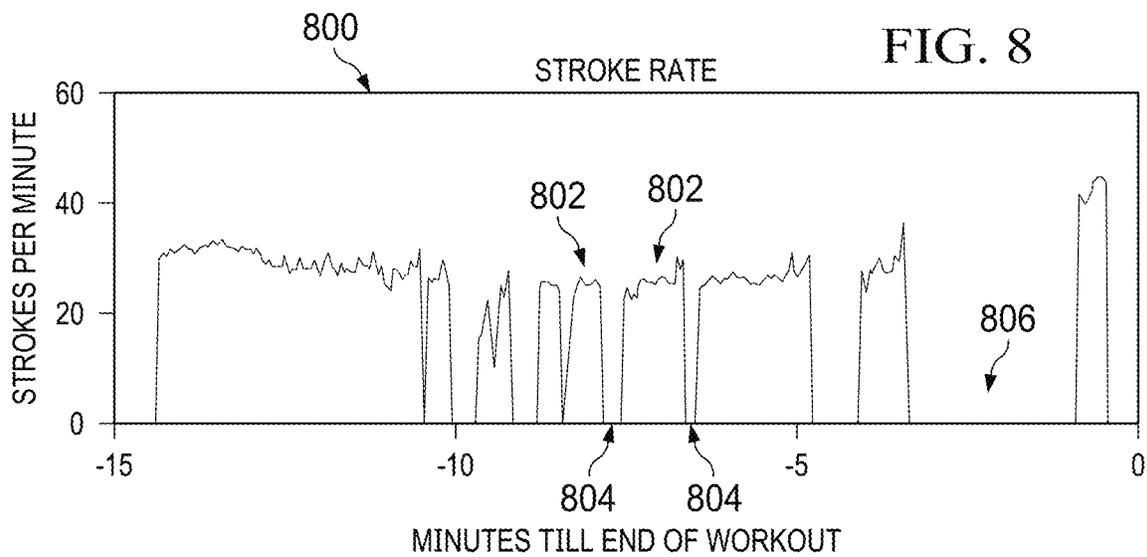


FIG. 8



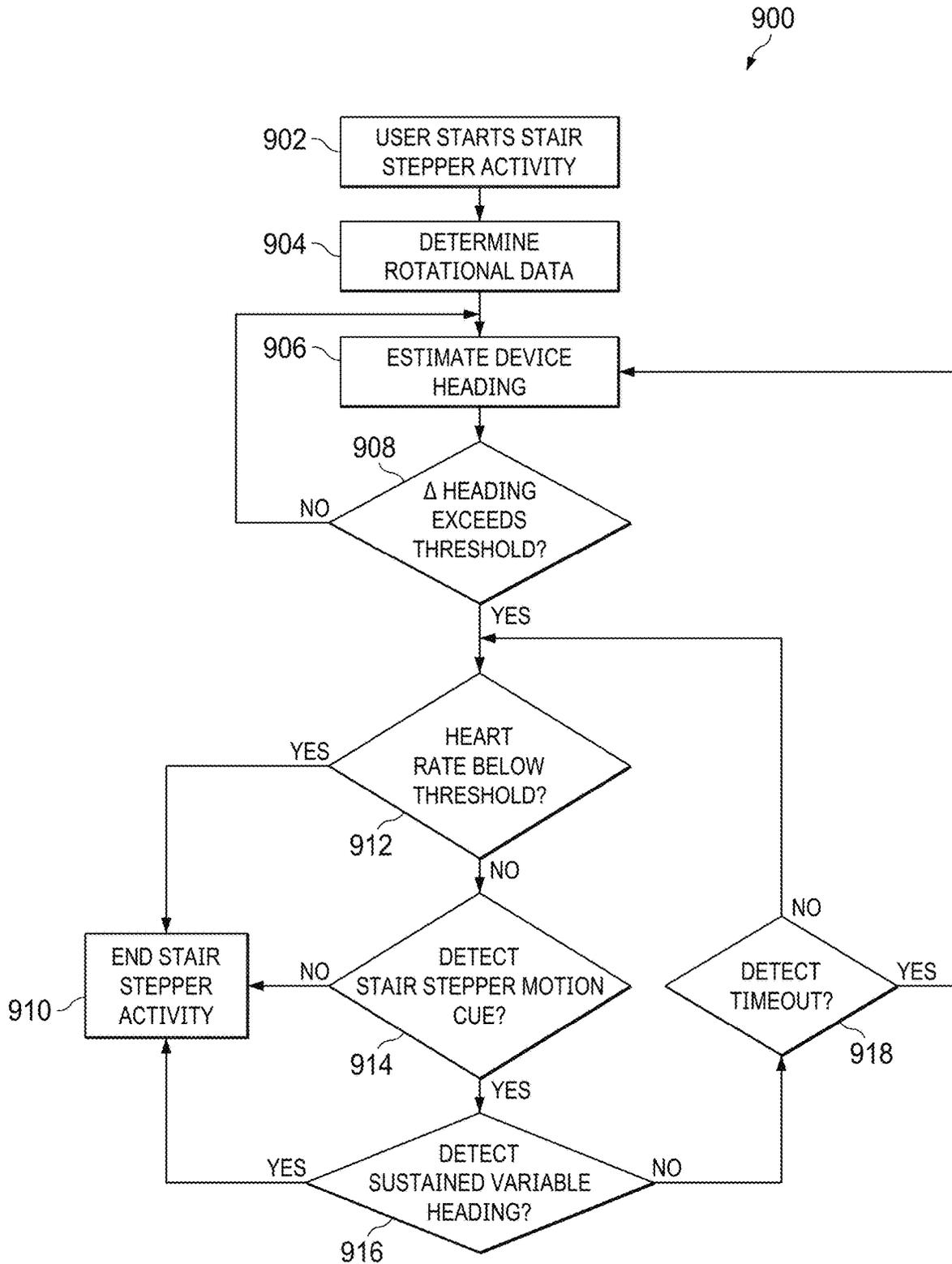


FIG. 9

FIG. 10

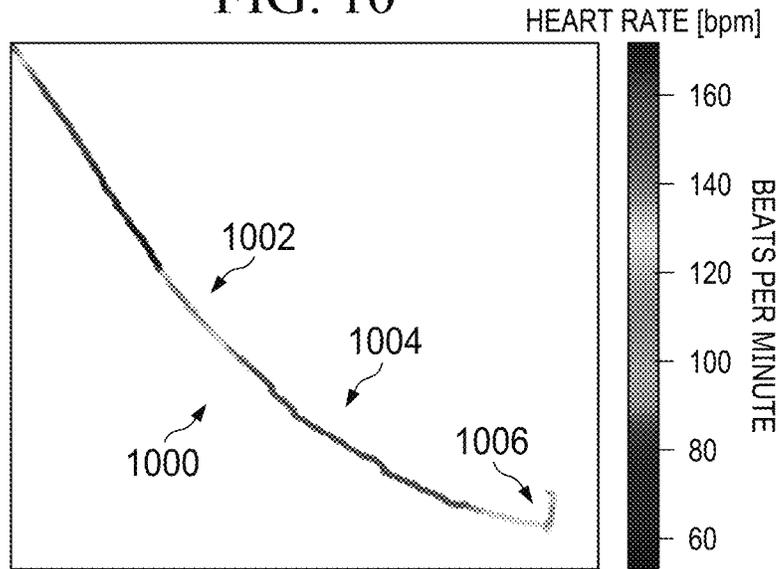


FIG. 11

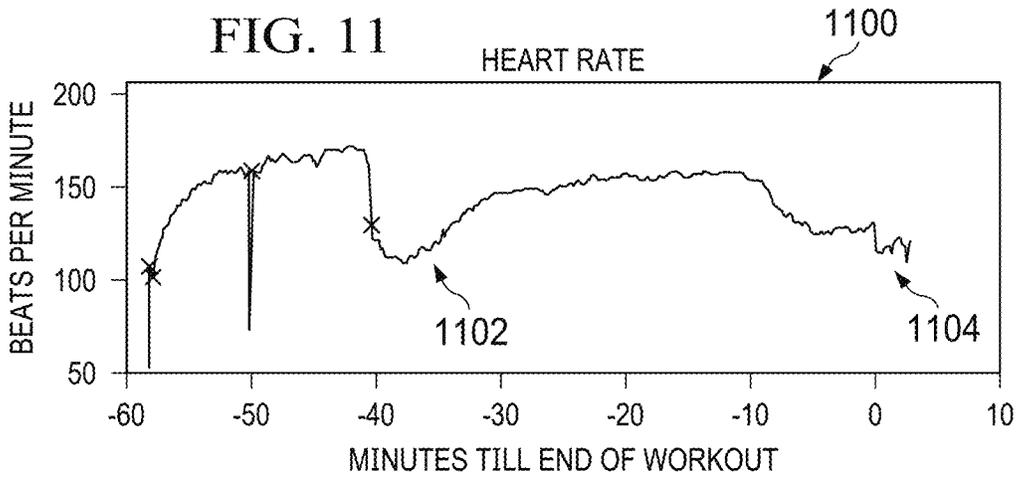
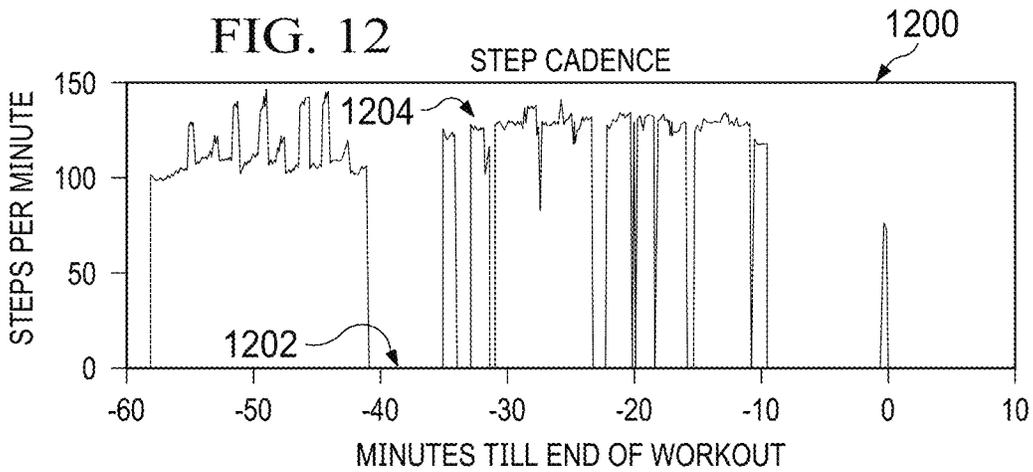


FIG. 12



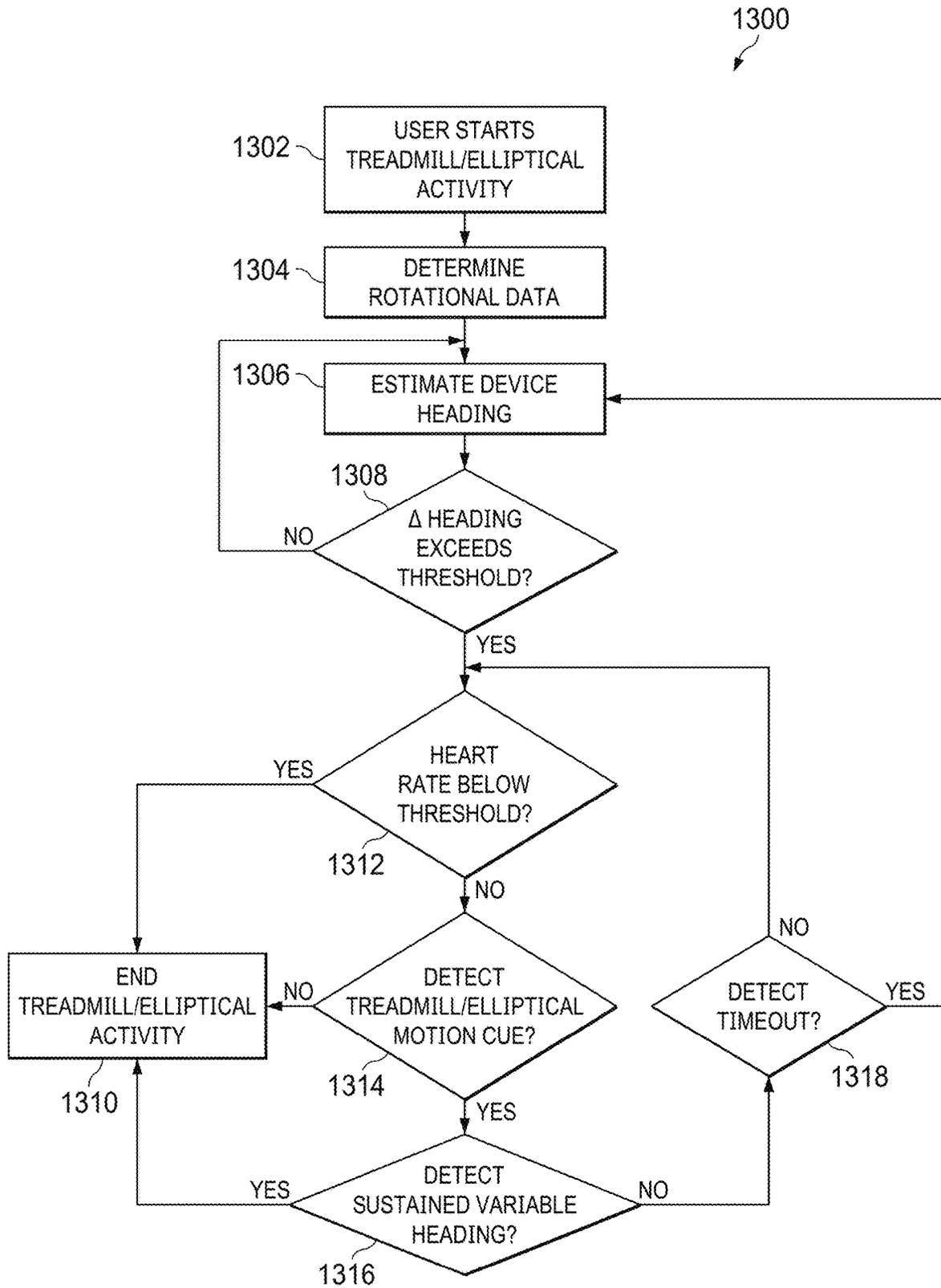


FIG. 13

FIG. 14

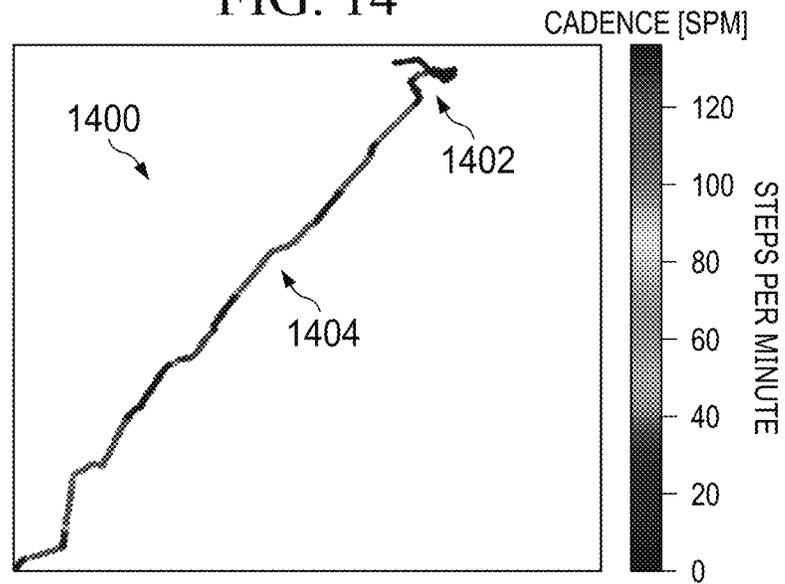


FIG. 15

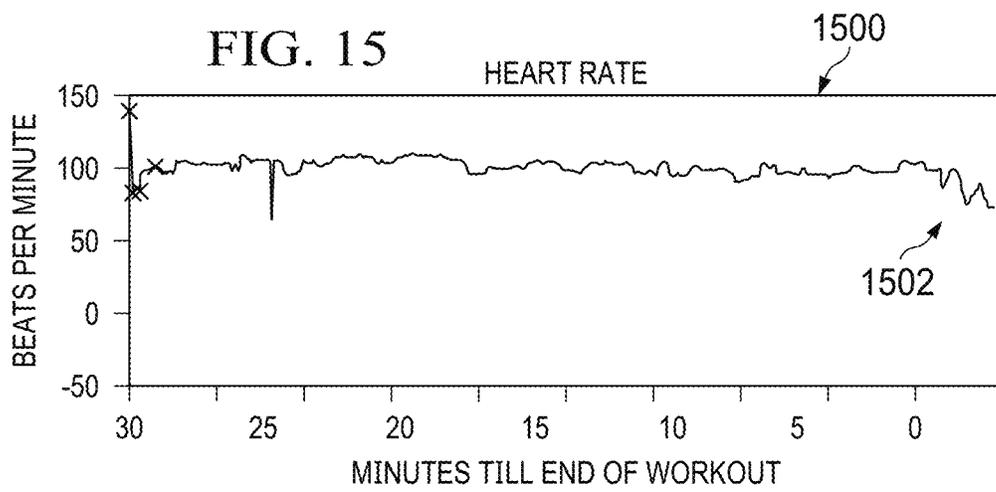
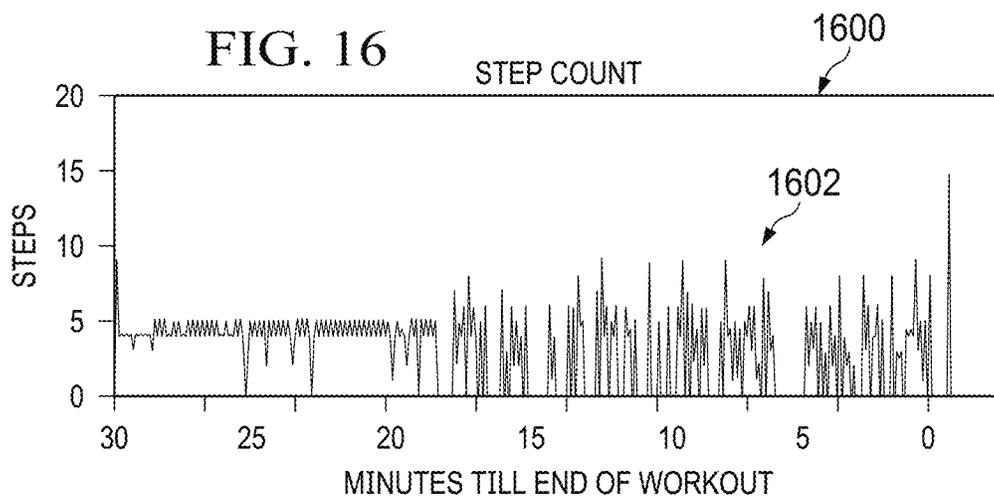


FIG. 16



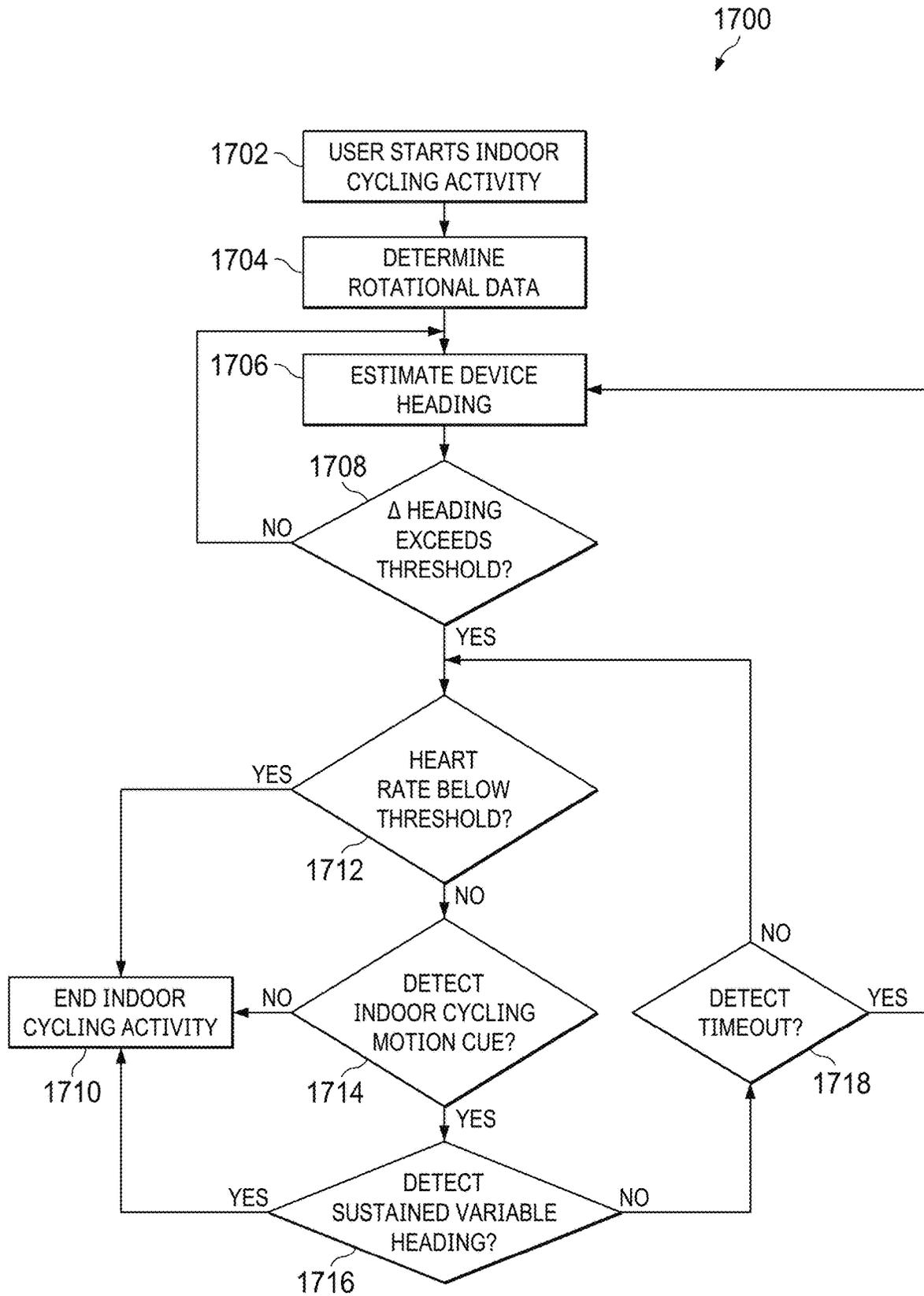


FIG. 17

FIG. 18

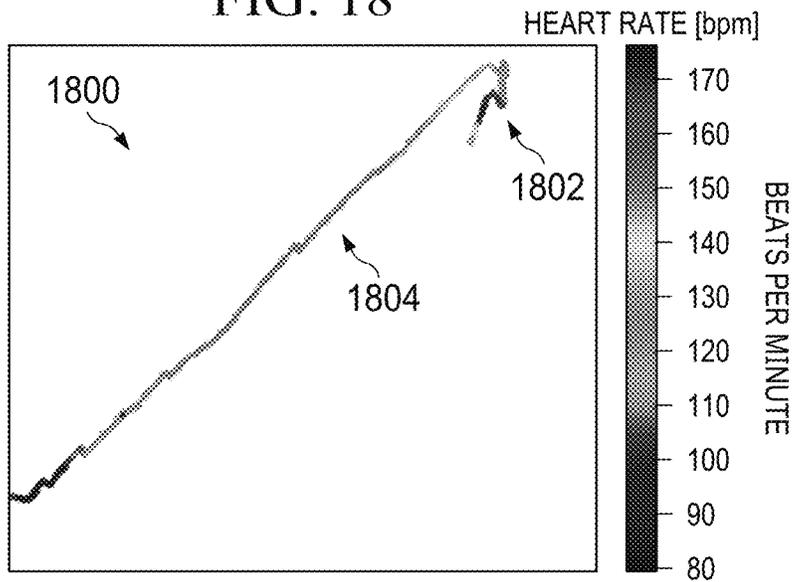


FIG. 19

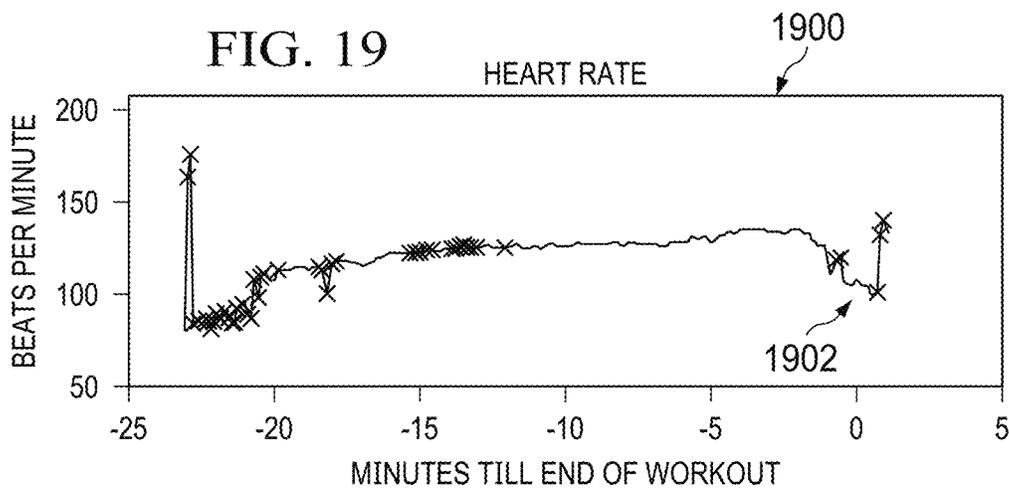
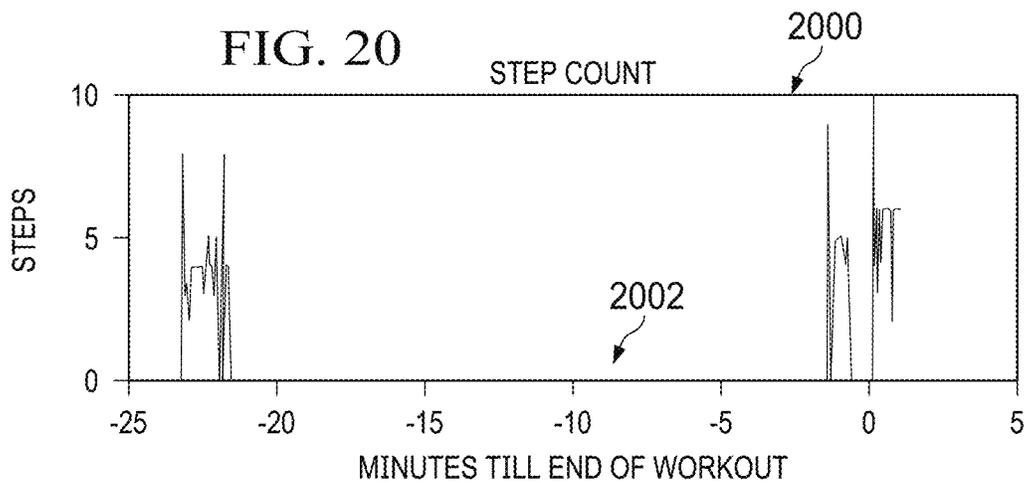


FIG. 20



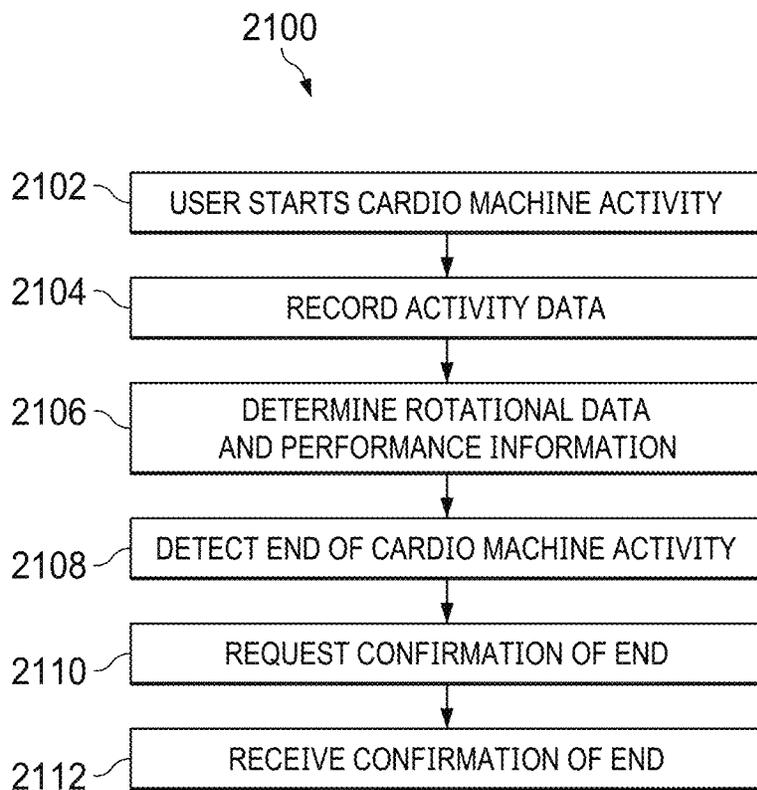


FIG. 21

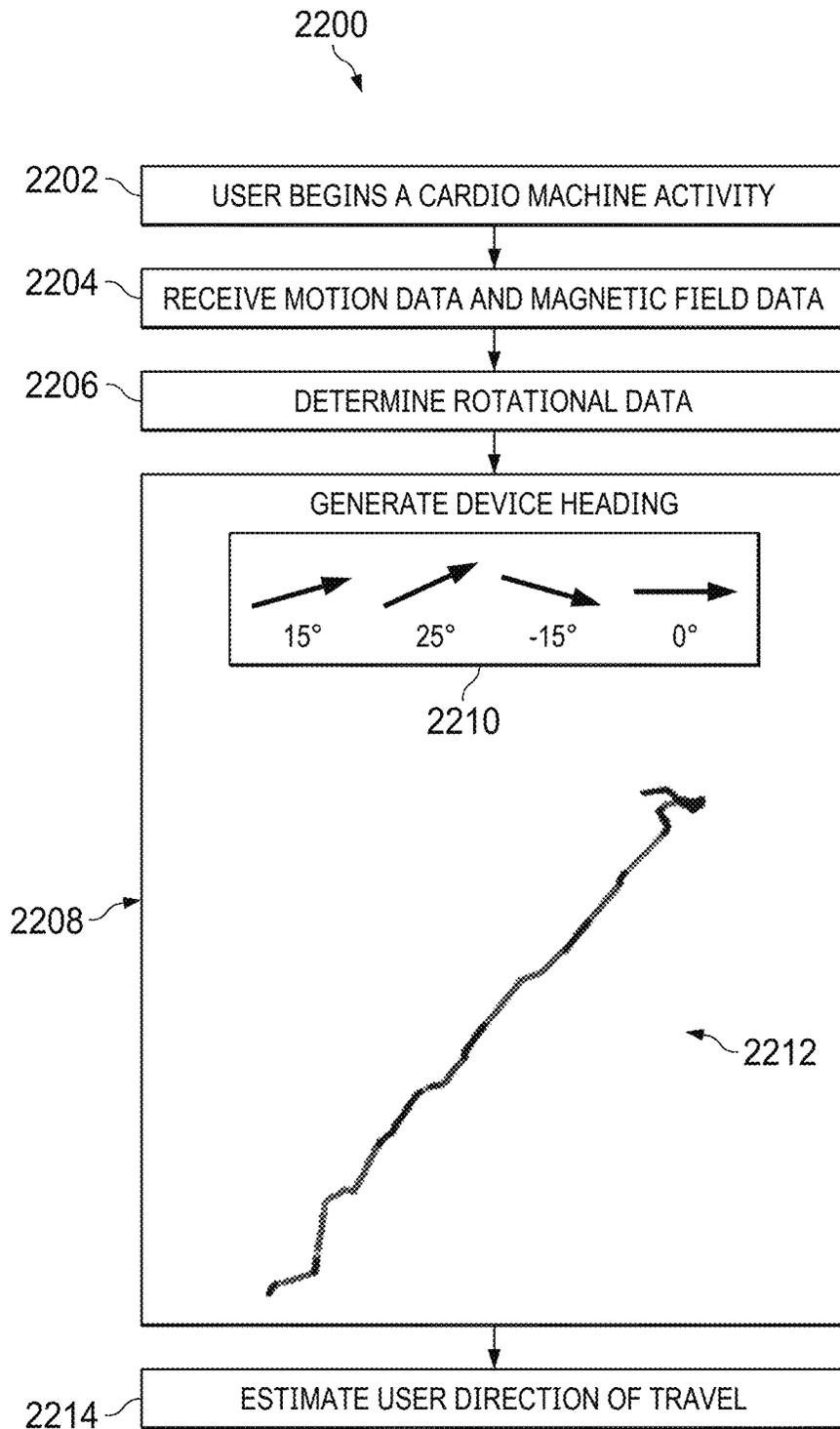


FIG. 22

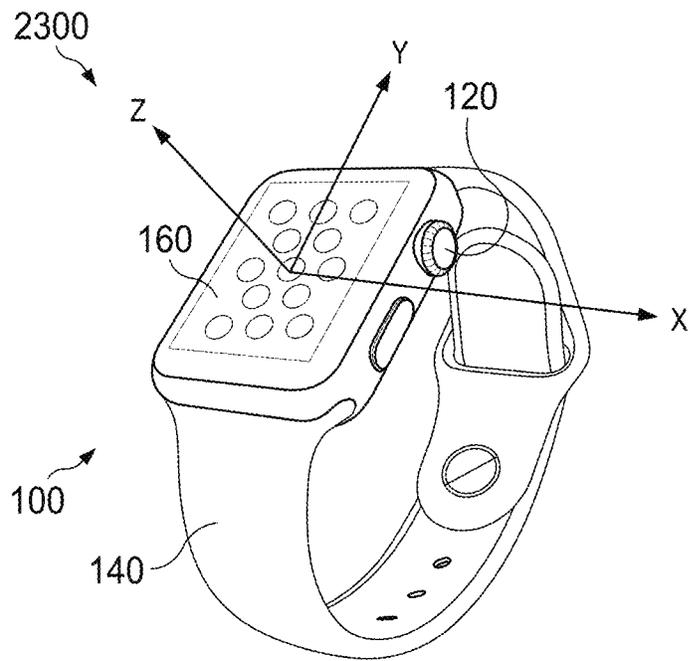


FIG. 23A

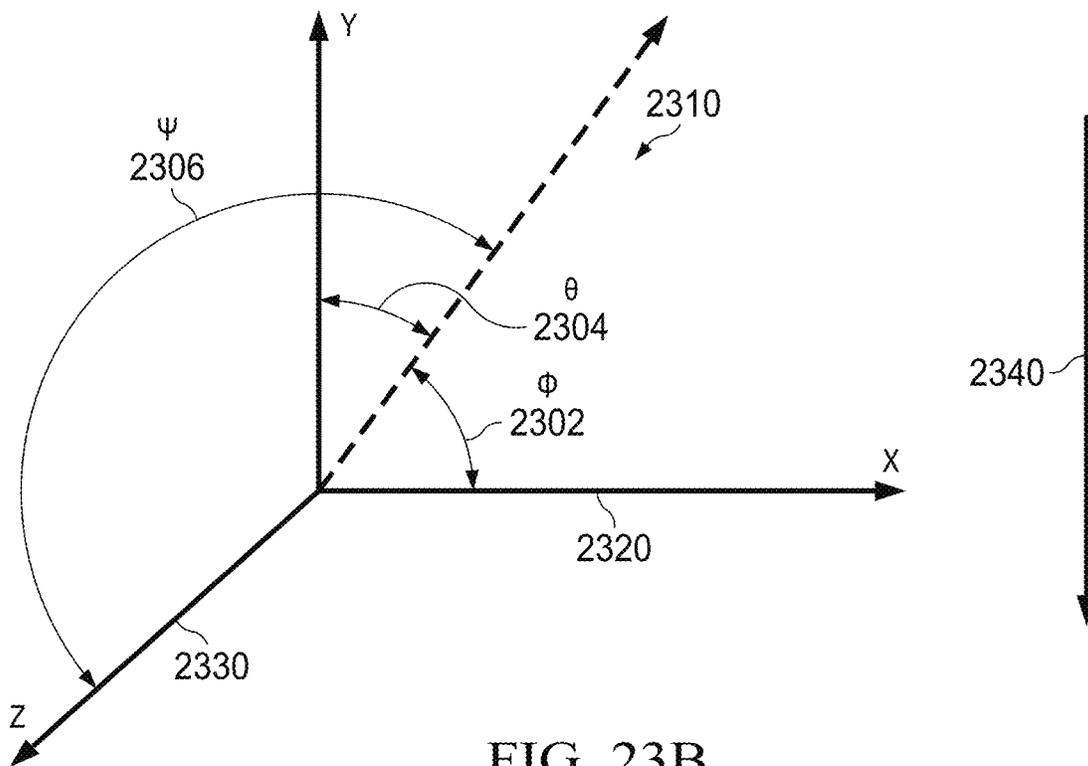
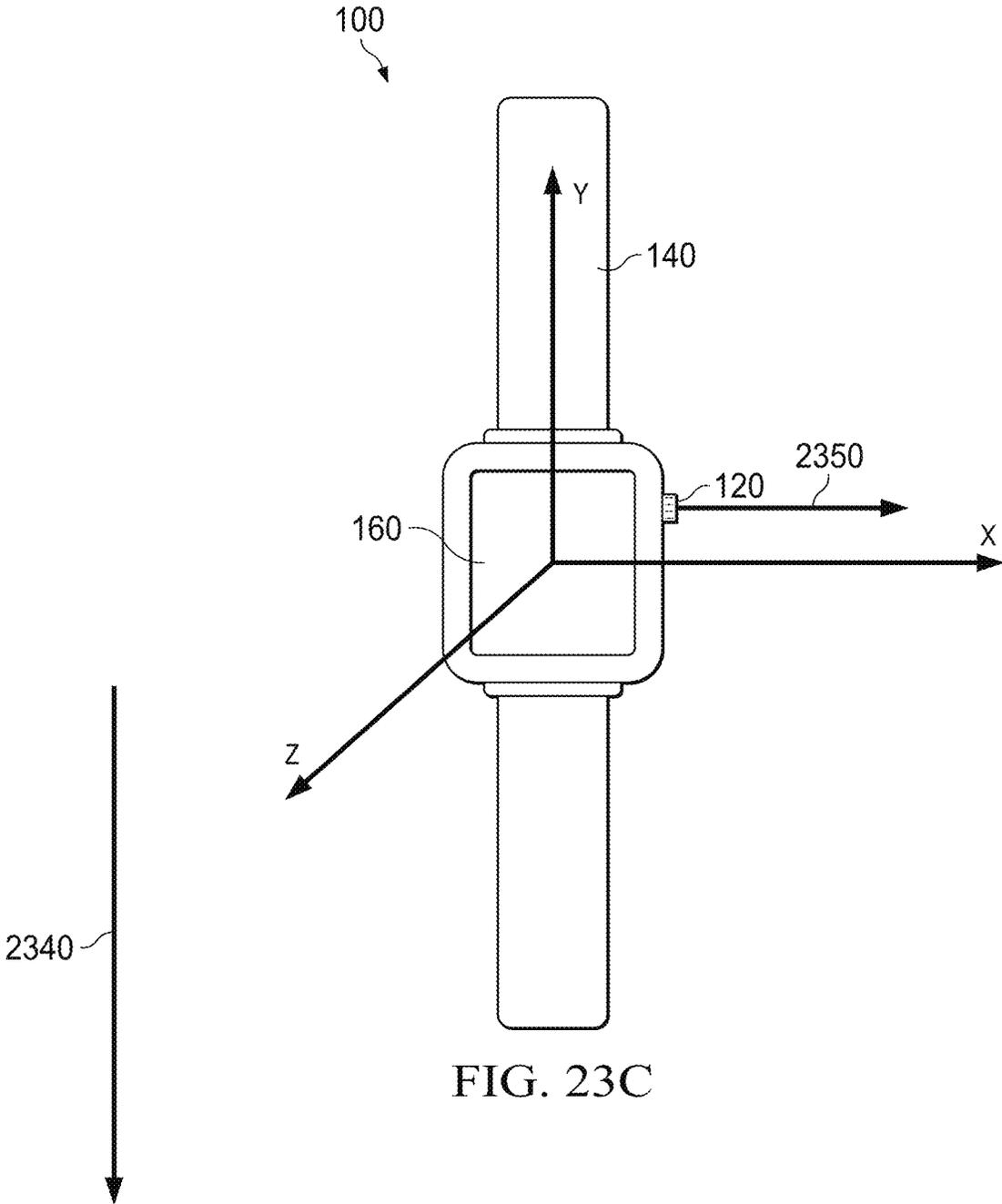


FIG. 23B



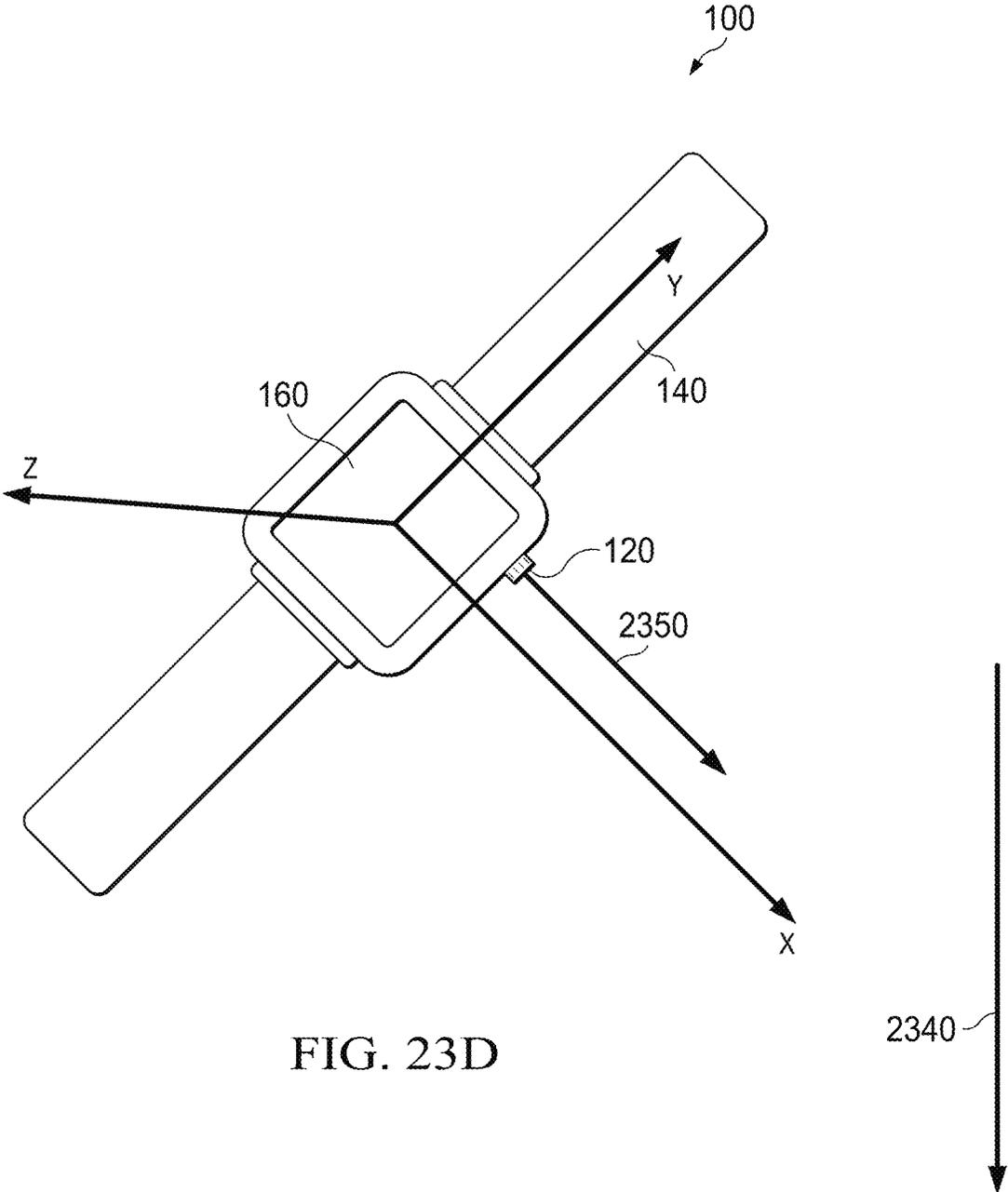


FIG. 23D

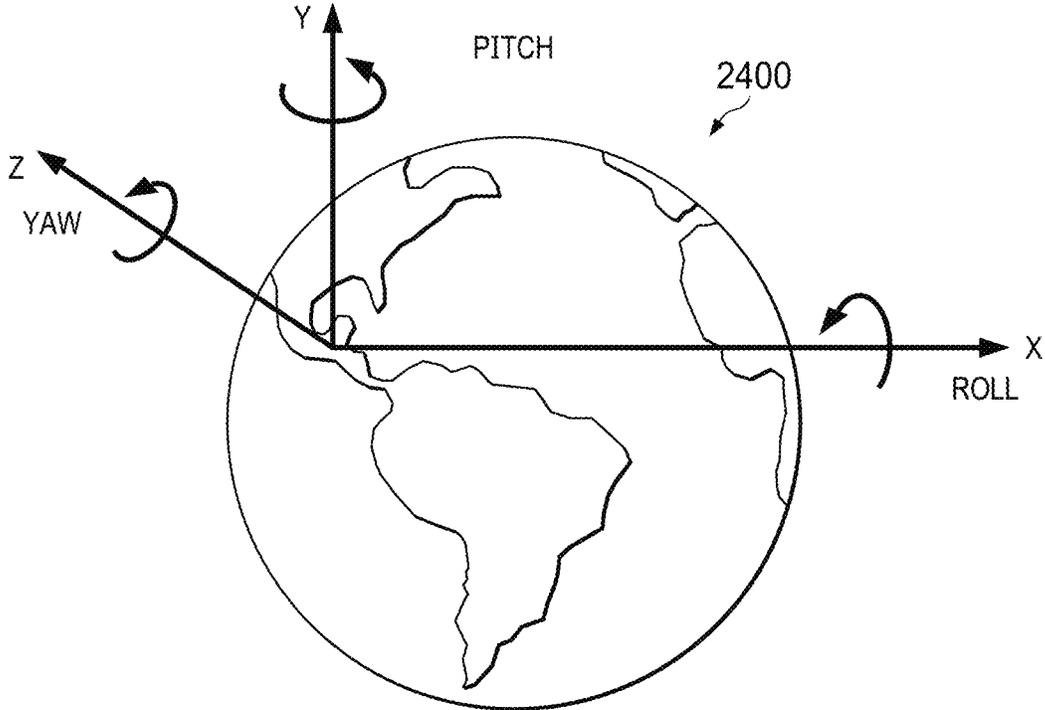


FIG. 24

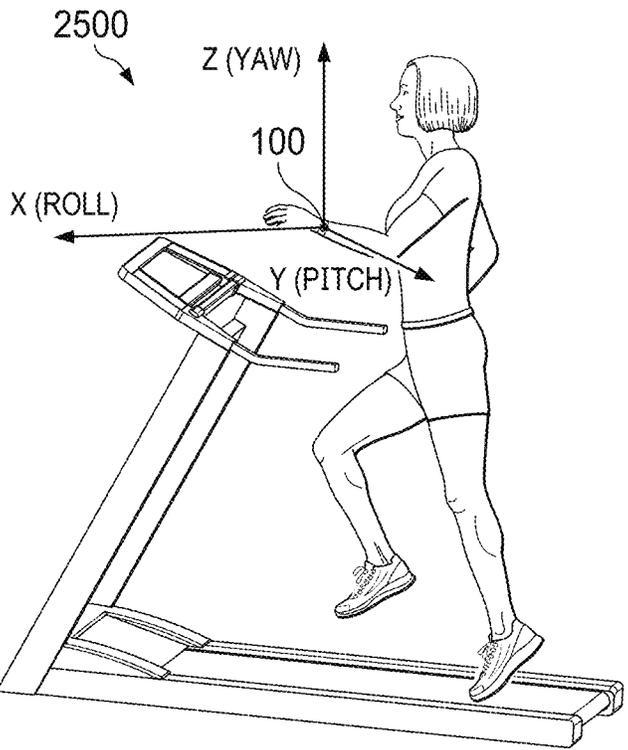


FIG. 25A

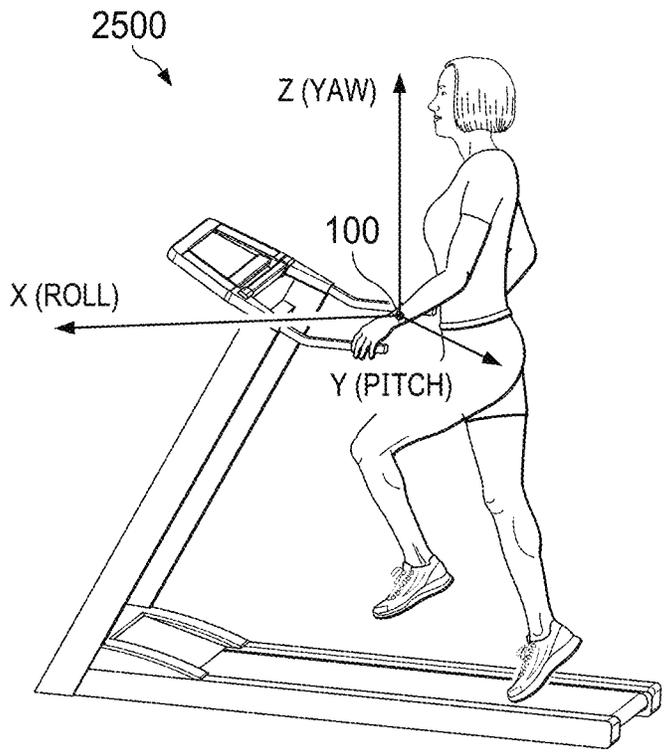


FIG. 25B

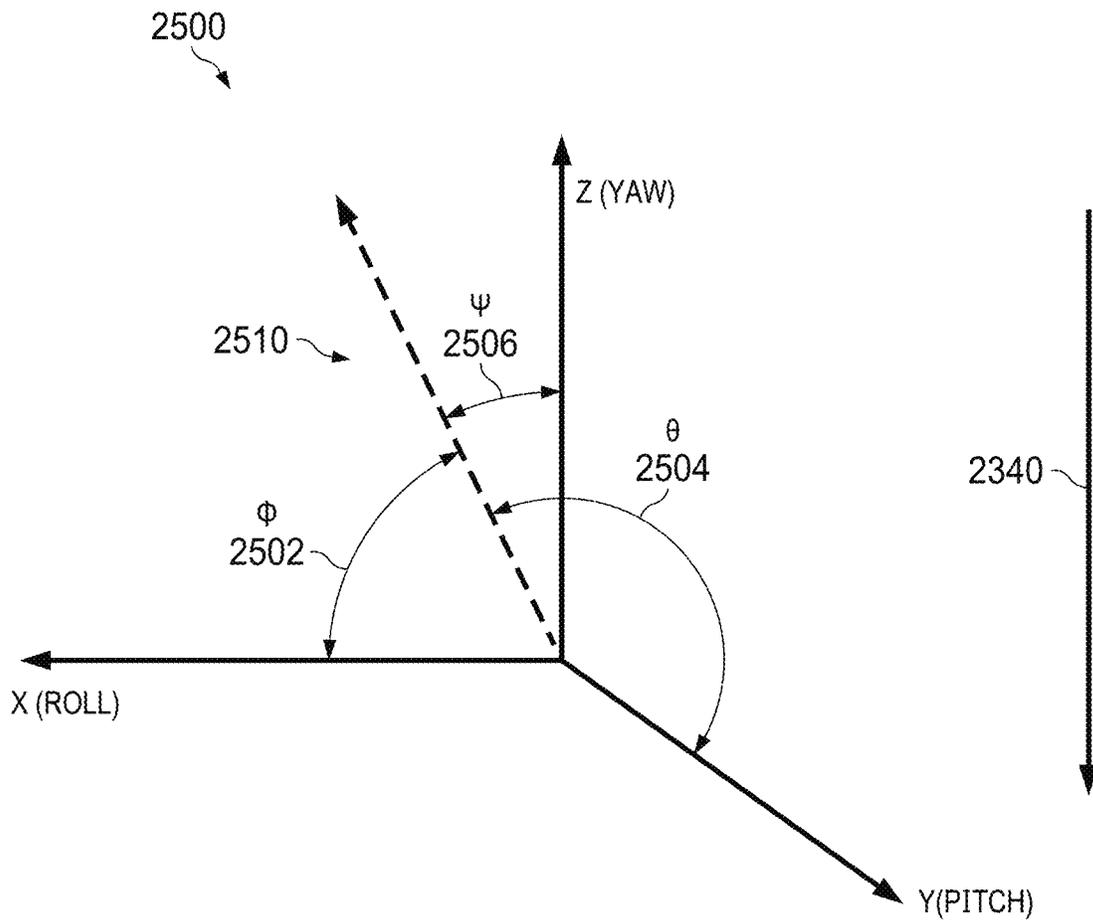
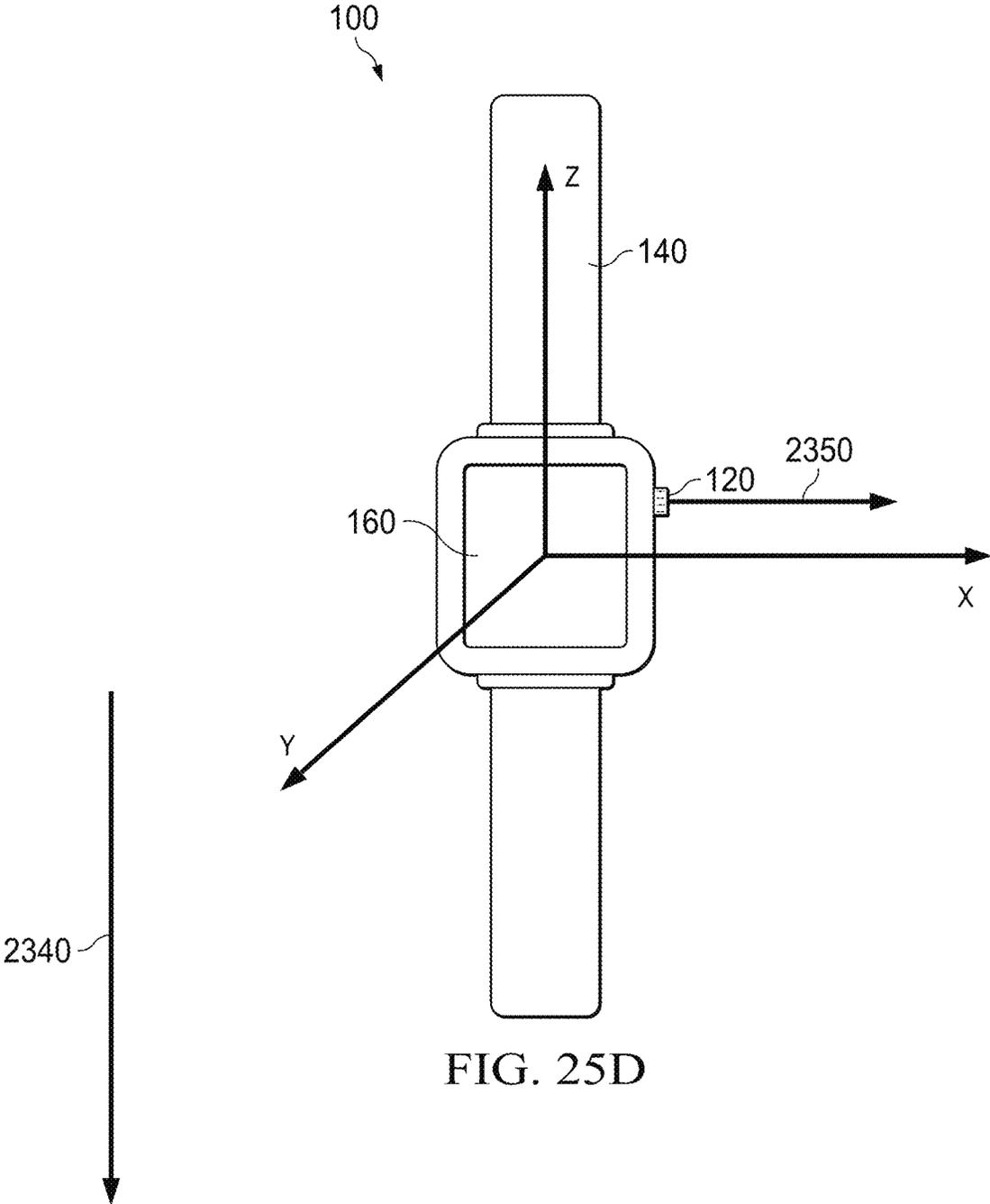


FIG. 25C



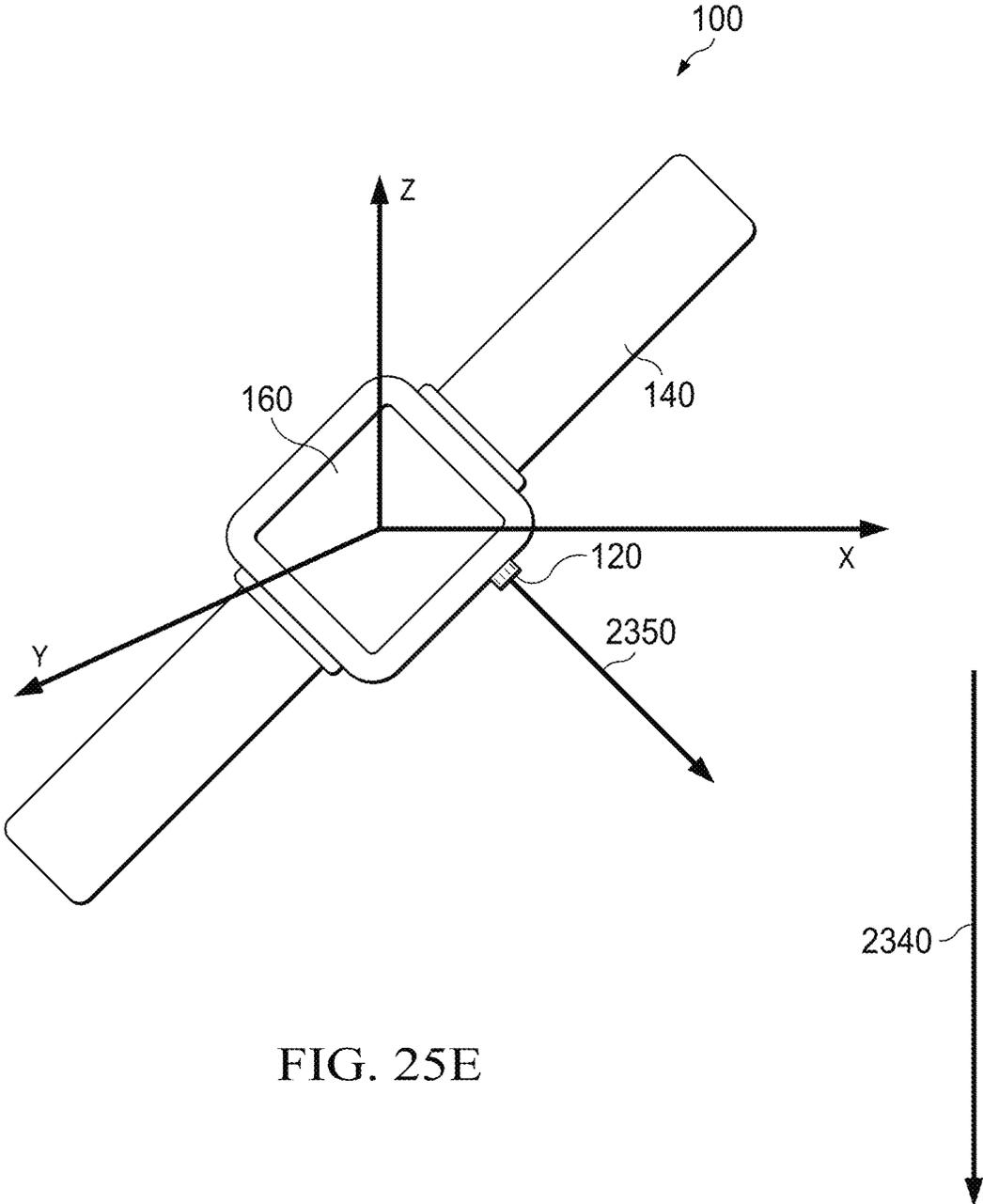


FIG. 25E

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**DETECTING THE END OF CARDIO  
MACHINE ACTIVITIES ON A WEARABLE  
DEVICE**

CROSS REFERENCE TO RELATED  
APPLICATIONS

This application claims the benefit of U.S. Provisional Application Ser. No. 62/897,722 filed Sep. 9, 2019, the entire contents of which is hereby incorporated by reference.

FIELD

The present disclosure relates generally to detecting cardio machine activities using a wearable device.

BACKGROUND

A wearable device may be worn on the hand, wrist, or arm of a person when exercising on a cardio machine (e.g., rowing machine, stair stepper, treadmill, elliptical machine, indoor bicycle, and the like). It may be desirable to track cardio machine activities by a user to promote exercise and for other health related reasons. Detecting the start and end points of a cardio machine activity is an essential component of accurately tracking cardio machine activities.

SUMMARY

In one aspect disclosed herein are computer implemented methods for improving performance of a wearable device while recording a cardio-machine activity, the methods including starting the cardio machine activity on the wearable device. Embodiments may also include measuring, by a motion sensing module of the wearable device, motion data of a user. Embodiments may also include measuring, by a heart rate sensing module of the wearable device, heart rate data of the user, the heart rate sensing module including a photoplethysmogram (PPG) sensor configured to be worn adjacent to the user's skin. Embodiments may also include detecting, by the processor circuit, an end of the cardio-machine activity by determining rotational data from the motion data, the rotational data describing a position of the wearable device in a three dimensional space relative to a frame of reference. Embodiments may also include estimating a device heading based the rotational data. Embodiments may also include tracking the heading of the wearable device at multiple time points during the cardio machine activity to estimate a relative heading. Embodiments may also include detecting a variable heading by determining the relative heading exceeds a heading threshold. Embodiments may also include detecting the end of the cardio machine activity in response to detecting the variable heading. Embodiments may also include confirming the end of the cardio-machine activity based on at least one of the heart rate data and the motion data. Embodiments may also include in response to detecting the end of the cardio-machine activity, ending, by the processor circuit, the cardio machine activity.

Embodiments may also include determining, by the processor circuit, a current heart rate of the user at a point in time during the cardio machine activity based on the heart rate data. Embodiments may also include determining, by the processor circuit, an average user heart rate for the heart rate data measured during the cardio machine activity. Embodiments may also include determining, by the processor circuit, a relative heart rate by calculating a difference

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between the current heart rate and the average user heart rate. Embodiments may also include comparing, by the processor circuit, the relative heart rate to a relative heart rate threshold. Embodiments may also include confirming, by the processor circuit, the end of the cardio machine activity based on determining the relative heart rate falls below the relative heart rate threshold.

Embodiments may also include calculating, by the processor circuit, a level of exertion for the user based on the heart rate of the user. Embodiments may also include comparing, by the processor circuit, the level of exertion to a level of exertion threshold for the cardio-machine activity. Embodiments may also include confirming, by the processor circuit, the end of the cardio machine activity based on determining the user level of exertion falls below the level of exertion threshold.

In some embodiments, the cardio-machine activity is at least one of a rowing activity, a stair stepper activity, a treadmill/elliptical activity, and an indoor cycling activity. In some embodiments, the level of exertion threshold is different for the stair stepper activity, treadmill/elliptical activity, and indoor cycling activity. Embodiments may also include receiving, by the processor circuit, magnetic field data from a magnetic field sensor of the wearable device. Embodiments may also include improving, by the processor circuit, an accuracy of the device heading using the magnetic field data.

Embodiments may also include determining, by the processor circuit, the device heading based on a first plurality of pieces of rotational data determined based on the motion data and a second plurality of pieces of rotational data determined based on the magnetic field data. Embodiments may also include characterizing, by the processor circuit, a motion of the user during the cardio-machine activity by comparing the motion data to one or more motion features included in a motion model for the cardio-machine activity.

Embodiments may also include detecting, by the processor circuit, a non-performance of the one or more motion features included in the motion model for the cardio-machine activity. Embodiments may also include in response to detecting the non-performance the one or more motion features, confirming, by the processor circuit, the end of the cardio-machine activity. In some embodiments, the motion model for the cardio-machine activity is at least one of a motion model for a rowing activity, a motion model for a stair stepper activity, a motion model for a treadmill/elliptical activity, and a motion model for an indoor cycling activity.

In some embodiments, one or more motion features included in the motion model for the rowing activity include rowing strokes observable at intervals during the rowing activity. In some embodiments, the one or more motion features included in the motion model for the stair stepper activity and the motion model for the treadmill/elliptical activity include motion data indicating no change in the wrist pose of the user.

In some embodiments, the one or more motion features included in the motion model for the indoor cycling activity include no observable steps, a low pose of the user, and a subtle arm swing observable at intervals during the indoor cycling activity. Embodiments may also include detecting, by the processor circuit, a performance of the one or more motion features included in the motion model for the cardio-machine activity. Embodiments may also include in response to detecting the performance one or more motion features, confirming, by the processor circuit, the end of the cardio-machine activity.

In some embodiments, the motion model for the cardio-machine activity is at least one of a motion model for a rowing activity, a motion model for a stair stepper activity, a motion model for a treadmill/elliptical activity, and a motion model for an indoor cycling activity. In some embodiments, the one or more motion features for the motion model for the rowing activity include a stepping motion during the rowing activity.

In some embodiments, the one or more motion features for the motion model for the stair stepper activity include a rowing motion during the stair stepper activity. In some embodiments, the one or more motion features for the motion model for the treadmill/elliptical activity and the motion model for the indoor cycling activity include a side stepping motion during the treadmill/elliptical activity or the indoor cycling activity.

In one aspect disclosed herein are systems for improving performance of a wearable device while recording a cardio machine activity, the systems including a motion sensing module configured to collect motion data of a user. Embodiments may also include a heart rate sensing module configured to measure heart rate data of the user. In some embodiments, the heart rate sensing module may include a photoplethysmogram (PPG) sensor and the PPG sensor is configured to be worn adjacent to the user's skin. Embodiments may also include a processor circuit in communication with the motion sensing module and the heart rate sensing module, the processor circuit configured to execute instructions causing the processor circuit to begin the cardio machine activity. Embodiments may also include the processor circuit configured to determine rotational data from the motion data, the rotational data describing a position of the wearable device in a three dimensional space relative to a frame of reference. Embodiments may also include the processor circuit configured to estimate a device heading based on the rotational data. Embodiments may also include the processor circuit configured to track the device heading at multiple time points during the cardio machine activity to estimate a relative heading. Embodiments may also include the processor circuit configured to detect a variable heading by determining the relative heading exceeds a heading threshold for the cardio machine activity and detect an end of the cardio machine activity based on the variable heading. Embodiments may also include the processor circuit configured to confirm the end of the cardio machine activity based on at least one of the heart rate data and the motion data. Embodiments may also include the processor circuit configured to end the cardio machine activity in response to the confirming.

In some embodiments, the processor circuit is further configured to, determine a current heart rate of the user at a point in time during the cardio machine activity. Embodiments may also include the processor circuit configured to determine an average user heart rate for the heart rate data measured during the cardio machine activity. Embodiments may also include the processor circuit configured to determine a relative heart rate by calculating a difference between the current heart rate and the average user heart rate. Embodiments may also include the processor circuit configured to compare the relative heart rate to a relative heart rate threshold. Embodiments may also include the processor circuit configured to confirm the end of the cardio machine activity when the relative heart rate falls below the relative heart rate threshold.

#### BRIEF DESCRIPTION OF THE DRAWINGS

Various objectives, features, and advantages of the disclosed subject matter can be more fully appreciated with

reference to the following detailed description of the disclosed subject matter when considered in connection with the following drawings, in which like reference numerals identify like elements.

FIG. 1 is a diagram of an exemplary wearable device, according to embodiments of the disclosure.

FIG. 2 is a block diagram showing exemplary components that may be found within a wearable device, according to embodiments of the disclosure.

FIG. 3 is a flow chart illustrating a method for detecting the end of a cardio machine activity, according to embodiments of the disclosure.

FIG. 4 is a flow chart illustrating a method for determining a user level of exertion during a cardio machine activity, according to embodiments of the disclosure.

FIG. 5 is a flow chart illustrating a method for detecting motion features for cardio machine activities, according to embodiments of the disclosure.

FIG. 6 is a flow chart illustrating a method for detecting an end of a rowing machine activity, according to embodiments of the disclosure.

FIGS. 7-8 are graphs showing exemplary heading and stroke rate data used to detect the end of a rowing machine activity, according to embodiments of the disclosure.

FIG. 9 is a flow chart illustrating a method for detecting an end of a stair stepper activity, according to embodiments of the disclosure.

FIGS. 10-12 are graphs showing exemplary heading, heart rate, and step cadence data used to detect the end of a stair stepper activity, according to embodiments of the disclosure.

FIG. 13 is a flow chart illustrating a method for detecting an end of a treadmill/elliptical activity, according to embodiments of the disclosure.

FIGS. 14-16 are graphs showing exemplary heading, heart rate, and step count data used to detect the end of a treadmill/elliptical activity, according to embodiments of the disclosure.

FIG. 17 is a flow chart illustrating a method for detecting an end of an indoor cycling activity, according to embodiments of the disclosure.

FIGS. 18-20 are graphs showing exemplary heading, heart rate and step count data used to detect the end of an indoor cycling activity, according to embodiments of the disclosure.

FIG. 21 is a flow chart illustrating a method of requesting confirmation of an end of a cardio machine activity from a user, according to embodiments of the disclosure.

FIG. 22 is a block diagram illustrating how user direction of travel is estimated from device heading and orientation, according to embodiments of the disclosure.

FIGS. 23 A-D illustrate methods for measuring the orientation of wearable devices relative to a fixed body frame of reference, according to embodiments of the disclosure.

FIG. 24 illustrates an inertial frame of reference, according to embodiments of the disclosure.

FIGS. 25A-E illustrate methods for measuring the orientation of wearable devices relative to an inertial frame of reference, according to embodiments of the disclosure.

#### DESCRIPTION

As used herein, the term "orientation data" refers to the position or angle of a wearable device in 3d space relative to a reference frame. Orientation data may include a rotational angle about an axis of rotation (e.g., roll, pitch, yaw)

that is expressed in degrees. Orientation data may be calculated using motion data and/or magnetic field data.

As used herein, the term “motion data” refers to data generated by one or more motion sensors (e.g., a gyroscope, accelerometer, and the like).

As used herein, the term “relative orientation” refers to a change in device orientation that may be observed in orientation data calculated at different points in time. In other words relative orientation describes how the orientation of the wearable device changes over time.

As used herein, the terms “device heading”, “heading”, “device headings”, and “headings” refer to orientation of a wearable device relative to a horizontal plane. Device headings may be calculated by computing the yaw component of orientation data.

As used herein, the terms “relative device heading”, “relative heading”, “relative device headings”, and “relative headings” refer to changes in device headings that may be observed in device headings calculated at different points in time. In other words, relative device headings describe how the device heading of the wearable device changes over time.

The present disclosure describes systems and methods of detecting cardio machine activities using a wearable device. Users engaged in cardio machine workouts may quickly transition from machine to machine during the same exercise period. Therefore, to accurately track a user’s performance during a full exercise period it is important to quickly identify the end of cardio machine activities and the transitions between activities performed on different cardio machines. In various embodiments, the wearable device may track user performance during an exercise period using one or more activity specific models (e.g., a treadmill model for treadmill activities, a stair stepper model for stair stepper activities, an outdoor running model for outdoor running activities, a rowing model for rowing machine activities, and the like). It may be important to determine the type of activity the user is performing and/or identify the type of machine used to perform the activity to more accurately track user performance across a wide range of exercise activities.

Wearable devices may be used by users all day to track a variety of different activities. For users that are active for many hours of the day, it may be difficult to fully track each activity without recharging the wearable device and/or consuming a vast amount of network data and compute resources. Certain components of the device’s battery, such as the main processor, Global Positioning System (GPS) receiver, and cellular module, all can draw a particularly high amount of power and consume a vast amount of network data and compute resources (e.g., memory, processing capacity, network communications, and the like). To minimize the amount of power, network data, and compute resources consumed by the wearable device, the systems and methods disclosed herein can detect when the user ends a cardio machine activity, is transitioning between cardio machine activities, is stationary, begins performing a non-cardio machine activity, etc., and, in response, transitions the wearable device from a tracking state to a low power state. One or more components of the wearable device may be selectively powered down when the device is in a tracking state to increase battery life and reduce the amount of data and compute resources consumed. By minimizing the amount of time the wearable device is in a tracking state, the activity detection systems and methods disclosed herein improve the functioning of wearable device by making them

run longer on a single charge and more efficiently by consuming less data and compute resources to deliver the same functionality.

FIG. 1 shows an example of a wearable device **100** that may be worn by a user, in accordance with an embodiment of the present disclosure. In some embodiments, the wearable device **100** may be configured to be worn around the user’s wrist using a strap (e.g., a watch strap).

As described in more detail below, the wearable device **100** may be configured to detect the user’s cardio machine activity, calculate performance information of the user during the cardio machine activity, detect the type of cardio machine activity performed by the user, detect transitions between two or more different cardio machines during a single exercise period, and provide additional functionality related to cardio machines to the user. In particular, the wearable device **100** may use motion data obtained from motion sensors, heart rate data obtained from a heart rate sensing module, and/or magnetic field data obtained from a magnetic field sensor to detect when the user stops a cardio machine activity, transitions between two or more cardio machines, performs a movement specific to a particular cardio machine, travels in the same direction, changes direction of travel, temporarily stops a cardio machine activity, performs a non-cardio machine activity and/or performs other cardio machine related activities. The wearable device may use a variety of motion data and orientation data to estimate the device heading which may be used to determine a user’s direction of travel. Motion data and orientation data may be used by the wearable device to classify the type of cardio machine activity performed by the user and/or the type of cardio machine the user is using during exercise. Heart rate and user characteristics (e.g., age, maximum oxygen consumption, level of fitness, previous performance information, etc.) may be used by the wearable device to determine a user exertion level and/or a change in user exertion.

FIG. 2 depicts a block diagram of exemplary components that may be found within the wearable device **100** according to some embodiments of the present disclosure. In some embodiments, the wearable device **100** can include a main processor **210** (or “application processor” or “AP”), an always on processor **212** (or “AOP” or “motion co-processor”), a memory **220**, one or more motion sensors **230**, a display **240**, an interface **242**, a heart rate sensor **244**, and a pressure sensor **246**, and a magnetic field sensor **248**. The wearable device **100** may include additional modules, fewer modules, or any other suitable combination of modules that perform any suitable operation or combination of operations.

In some embodiments, main processor **210** can include one or more cores and can accommodate one or more threads to run various applications and modules. Software can run on main processor **210** capable of executing computer instructions or computer code. The main processor **210** can also be implemented in hardware using an application specific integrated circuit (ASIC), programmable logic array (PLA), field programmable gate array (FPGA), or any other integrated circuit.

In some embodiments, wearable device **100** can also include an always on processor **212** which may draw less power than the main processor **210**. Whereas the main processor **210** may be configured for general purpose computations and communications, the always on processor **212** may be configured to perform a relatively limited set of tasks, such as receiving and processing data from motion sensor **230**, heart rate sensor **244**, pressure sensor **246**, and

other modules within the wearable device **100**. In many embodiments, the main processor **210** may be powered down at certain times to conserve battery charge, while the always on processor **212** remains powered on. Always on processor **212** may control when the main processor **210** is powered on or off.

Memory **220** can be a non-transitory computer readable medium, flash memory, a magnetic disk drive, an optical drive, a programmable read-only memory (PROM), a read-only memory (ROM), or any other memory or combination of memories. Memory **220** can include one or more modules **222-228**.

The main processor **210** and/or always on processor **212** can be configured to run one or more modules **222-228** stored in memory **220** that are configured to cause main processor **210** or always on processor **212** to perform various steps that are discussed throughout the present disclosure.

In some embodiments, the wearable device **100** can include one or more motion sensors **230**. For example, motion sensors **230** can include a gyroscope **232** and an accelerometer **234**. In some embodiments, accelerometer **234** may be a three-axis accelerometer that measures linear acceleration in up to three-dimensions (for example, x-axis, y-axis, and z-axis). In some embodiments, gyroscope **232** may be a three-axis gyroscope that measures rotational data, such as rotational movement and/or angular velocity, in up to three-dimensions (for example, yaw, pitch, and roll). In some embodiments, accelerometer **234** may be a microelectromechanical system (MEMS) accelerometer, and gyroscope **232** may be an MEMS gyroscope. Main processor **210** or always on processor **212** of wearable device **100** may receive motion information from one or more motion sensors **230** to track acceleration, rotation, position, or orientation information of wearable device **100** in six degrees of freedom through three-dimensional space.

In some embodiments, the wearable device **100** may include other types of sensors in addition to accelerometer **234** and gyroscope **232**. For example, the wearable device **100** may include a pressure sensor **246** (e.g., an altimeter, barometer, and the like), a magnetic field sensor **248** (e.g., a magnetometer, compass, and the like) and/or a location sensor (e.g., a Global Positioning System (GPS) sensor).

The wearable device **100** may also include a display **240**. The display **240** may be a screen, such as a crystalline (e.g., sapphire) or glass touchscreen, configured to provide output to the user as well as receive input from the user via touch. For example, the display **240** may be configured to display a current heart rate or daily average energy expenditure. The display **240** may receive input from the user to select, for example, which information should be displayed, or whether the user is beginning a physical activity (e.g., starting a session) or ending a physical activity (e.g., ending a session), such as a cardio machine session, a swimming session, a running session, or a cycling session. In some embodiments, wearable device **100** may present output to the user in other ways, such as by producing sound with a speaker, and wearable device **100** may receive input from the user in other ways, such as by receiving voice commands via a microphone.

In various embodiments, wearable device **100** may communicate with external devices via an interface **242**, including a configuration to present output to a user or receive input from a user. The interface **242** may be a wireless interface. The wireless interface may be a standard Bluetooth® (IEEE 802.15) interface, such as Bluetooth® v4.0, also known as “Bluetooth low energy.” In various embodi-

ments, the interface may operate according to a cellphone network protocol such as Long Term Evolution (LTE™) or a Wi-Fi (IEEE 802.11) protocol. In various embodiments, the interface **242** may include wired interfaces, such as a headphone jack or bus connector (e.g., Lightning®, Thunderbolt™, USB, etc.).

Wearable device **100** can measure an individual’s current heart rate from a heart rate sensor **244**. The heart rate sensor **244** may also be configured to determine a confidence level indicating a relative likelihood of an accuracy of a given heart rate measurement. In various embodiments, a traditional heart rate monitor may be used and may communicate with wearable device **100** through a near field communication method (e.g., Bluetooth).

In various embodiments, the wearable device **100** can include a photoplethysmogram (PPG) sensor. PPG is a technique for measuring a person’s heart rate by optically measuring changes in the person’s blood flow at a specific location. PPG can be implemented in many different types of devices in various forms and shapes. For example, a PPG sensor can be implemented in a wearable device **100** in the form of a wrist strap, which a user can wear around the wrist. A PPG sensor may also be implemented on the underside of a wearable device **100**. The PPG sensor can optically measure the blood flow at the wrist. Based on the blood flow information, the wearable device **100** can derive the person’s heart rate.

The wearable device **100** may be configured to communicate with a companion device, such as a smartphone. In various embodiments, wearable device **100** may be configured to communicate with other external devices, such as a notebook or desktop computer, tablet, headphones, Bluetooth headset, etc.

The modules described above are examples, and embodiments of wearable device **100** may include other modules not shown. For example, some embodiments of wearable device **100** may include a rechargeable battery (e.g., a lithium-ion battery), a microphone array, one or more cameras, two or more speakers, a watchband, water-resistant casing or coating, etc. In some embodiments, all modules within wearable device **100** can be electrically and/or mechanically coupled together. In some embodiments, main processor **210** and or always on processor **212** can coordinate the communication among each module.

In various embodiments, the wearable device **100** may use sensed and collected motion information to predict a user’s activity. Examples of activities may include, but are not limited to cardio machine activities, walking, running, cycling, swimming, skiing, etc. Wearable device **100** may also be able to predict or otherwise detect when a user is stationary (e.g., sleeping, sitting, standing still, driving or otherwise controlling a vehicle, etc.). Wearable device **100** may use a variety of motion data and/or orientation data to predict a user’s activity.

Wearable device **100** may use a variety of heuristics, algorithms, or other techniques to predict the user’s activity and/or detect activity start and end points. In various embodiments, one or more machine learning techniques and/or predictive models trained on a large volume of data to predict the user’s activity and/or detect activity end points.

FIG. 3 shows an exemplary method for tracking the performance of a user during a cardio machine activity. At step **302**, a user starts a cardio machine activity. At step **304** motion data of the user is received, for example, from motion sensor of the wearable device shown in FIG. 2. The motion data may include accelerometer or gyroscope data

according to some embodiments. At step 304, magnetic field data may also be received, for example, from a magnetic field sensor. In various embodiments, magnetic field data may indicate the position of the wearable device relative to a magnetic field (e.g., absolute north, a local magnetic field, and the like). At step 306, heart rate data of the user is received, for example, from the heart rate sensor of the wearable device shown in FIG. 2.

At step 308 orientation of the wearable device is estimated, for example, from the magnetic field data and motion data received from the magnetic field sensor and motion sensors of the wearable device shown in FIG. 2. The device orientation may be determined based on rotational data. For example, the rotational data may include one or more angles describing a position of the wearable device relative to an axis of rotation (e.g., yaw, pitch, and roll). In various embodiments rotational data may be generated using 6 or 9 axis sensor fusion. Rotational data generated from the 6 or 9 axis sensor fusion approach may be determined based on motion data measured by the gyroscope and accelerometer. The rotational data may be used to determine a position/angle of the wearable device in a three dimensional (3D) space relative to an axis of rotation (e.g., yaw, pitch, and roll). Rotational data determined from motion data captured by the gyroscope and accelerometer may include 6 rotational datapoints—3 from the motion data captured by the gyroscope and 3 from motion data captured by the accelerometer. The 6 rotational datapoints may then be combined to determine the orientation of the wearable device. For example, the angular position generated based on the angular acceleration and the angular position generated based on the angular velocity for each axis of rotation may be averaged to obtain an angular position of the wearable device in 3D space. The device orientation may then be determined based on the angular position relative each rotational axis included in the rotational data. The device orientation may describe the position of the wearable device relative to a frame of reference (e.g., a fixed component on the wearable device or gravity). In the 6 axis sensor fusion approach, 6 pieces of rotational data may be obtained at every time point in which the position of the wearable device is tracked (i.e., every second, in real time (i.e., fractions of a second), or any other time period). By tracking and comparing the changes in device orientation over time, a relative heading of the wearable device describing changes in the device orientation may be determined.

Rotational data determined using 9 axis sensor fusion may improve the accuracy of the rotational data estimated using the 6 axis sensor fusion approach. For example, the 9 axis sensor fusion approach may supplement rotational data determined from 6 axes of motion data with additional data points based on magnetic field data. In various embodiments, magnetic field data captured by the magnetic field sensor may be used to generate rotational data including a position/angle of the wearable device in 3D space relative to an axis of rotation (e.g., yaw, pitch, and roll), thereby generating 3 additional rotational data points. The 3 magnetic field based rotational datapoints may be combined with 6 datapoints generated from the motion data to more accurately determine the orientation of the wearable device. For example, the angular position based on the magnetic field sensor may be averaged with the angular position derived from angular velocity and the angular position derived from angular acceleration for each axis of rotation to obtain a more accurate angular position included in rotational data. The device orientation may then be calculated based on the angular positions at each axis of rotation. In the 9 axis sensor

fusion approach, 9 pieces of rotational data may be determined at each point in time the position of the wearable device is tracked (i.e., every second, in real time (i.e., fractions of a second), or any other time period).

In various embodiments, the additional rotational datapoints based on magnetic field data can improve device orientation accuracy by normalizing for integration drift and other errors that are commonly included in rotational data generated based on motion data. For example, the angular position or the angular velocity of the wearable device may be obtained based on the angular acceleration component of motion data by integrating the angular acceleration over time. Similarly, the angular position of the wearable device can be obtained based on the angular velocity by integrating the angular velocity over time. Therefore, generating rotational data based on motion data (i.e., angular acceleration and angular velocity) may require double integration of angular acceleration values and single integration of angular velocity values. Due to integration drift, rotational data based on angular acceleration and or angular velocity may be accurate for only relatively short time intervals (e.g., 30 seconds). The device orientation may be continuously tracked throughout a user's entire workout session (i.e., several minutes and or hours). Therefore, integration drift may diminish the accuracy of device orientation, device headings, relative heading, and other device position tracking estimates made throughout the duration of a full workout activity. By including datapoints based on magnetic field data in rotational data used to generate the device position tracking estimates, the device position tracking estimates may be more accurate and consistent throughout the full workout activity. The performance of the motion sensors included in the wearable device may also not be uniform across all device instances. Motion sensor calibration may be disturbed by significant shock events causing some motion sensors to have better calibration than others and some motion sensors to exhibit more drift in motion data.

Rotational data generated based on magnetic field data may compensate for some of these common errors in rotational data derived from motion data. Magnetic field data describes the position of the wearable device relative to a steady state magnetic field near the device. The steady state magnetic field may be, for example, the earth's geomagnetic field, an ambient magnetic field generated by a cardio machine or other aspects of the environment local to the wearable device, and the like. Determining rotational data based on magnetic field data does not require an integration operation. Thus, including datapoints derived from magnetic field data in rotational data can reduce the impact of integration drift. Accordingly, noise in rotational data based on motion data attributable to integration drift and inconsistent performance of motion sensors may be normalized by including rotational datapoints based on magnetic field data. Similarly, noise in rotational data based on magnetic field data caused by, for example, a transient magnetic field generated by a mobile device passing in close proximity to the wearable device, may be normalized by rotational data derived from motion data. Therefore, using motion data and magnetic field data to generate orientation data, heading estimates, and other wearable device position tracking estimates, improves the precision, accuracy, and reliability of the device position tracking estimates generated by the wearable device.

The wearable device may calculate various performance information of the user during the cardio machine activity, at step 310. In various embodiments, performance information may include a user exertion level, stroke rate (e.g.,

rowing stroke rate, pedaling stroke rate, and the like), work rate, energy expenditure rate, heart rate, average heart rate, total machine time, calories burned, and the like. At step 310, performance information calculated by the wearable device may be calculated from motion data, rotational data, device orientations, and/or heart rate data. Performance information may be output to a user, for example, rendered on a wearable device display (e.g., a crystalline or glass touchscreen) in real time during the cardio machine activity.

At step 312, a wearable device may detect the end of a cardio machine activity based on one or more primary indicators extracted from motion data, rotational data, device orientations, and/or heart rate data. In various embodiments, the wearable device may confirm the end of a cardio machine activity based on one or more secondary indicators included in motion data, rotational data, device orientations, and/or heart rate data. FIGS. 6-20 below describe how a wearable device determines an ending point for different types of cardio machine activities in more detail. At step 314, once a wearable device detects the end of a cardio machine activity, it may end a cardio machine activity. In various embodiments, the wearable device may send a confirmation request to a user to confirm the end of the cardio machine activity. The confirmation request may be sent as a push notification to user and may be rendered by the wearable device on a display. The confirmation request may be in the form of a graphical user interface (GUI) that includes an input (e.g., button, selection, slider, free form text box, and the like) that allows the user to submit a response to the confirmation request (e.g., "Have you completed your cardio machine workout?").

After detecting the end of a cardio machine activity and/or receiving confirmation from the user that the cardio machine activity is over, the wearable device may stop calculating performance information and/or may aggregate performance information calculated during the cardio machine activity into cardio machine session dataset. The data included in the cardio machine session dataset may be rendered by the wearable device on a display as a GUI that includes performance information for the most recently recorded cardio machine session, performance information for previously recorded cardio machine sessions, and/or performance trends over time.

FIGS. 4-5 illustrate exemplary processes that can be used to determine indicators of the end of a cardio machine activity. In various embodiments, the wearable device may determine the end of a cardio machine activity performed by a user based on one or more primary and/or secondary indicators. Primary and/or secondary indicators may be included in motion data, heart rate data, and device headings obtained during a cardio machine activity. Primary and/or secondary indicators may be specific to a particular type of cardio machine and may be stored in a cardio machine profile for a particular machine type. The cardio machine profile may include a level of exertion particular to a cardio machine and a motion model for each type of cardio machine activity. The motion model may include one or more motion features included in device heading data and/or one or more motion features found in motion data. The level of exertion and or motion features included in the cardio machine profile may be obtained by surveying a plurality of datasets including motion data and heart rate data collected during an activity including movements performed on a known type of cardio machine.

For example, the rowing cardio machine motion profile may include a high level of exertion, a constrained direction motion feature included in device headings, and a rowing

stroke motion included in motion data as indicators of a rowing activity. The rowing stroke motion may be always observable during the rowing machine activity and may occur at regular intervals, wherein each stroke motion interval includes a pull phase characterized by a user pulling on a rowing apparatus and simultaneously extending their legs and torso and a compression phase characterized by a user relaxing on the rowing apparatus and simultaneously bending their legs and torso. Details of the profiles for the stair stepper, treadmill/elliptical machine, and the indoor cycling machine are described below in FIGS. 9-20. FIG. 4 describes an exemplary method for determining a level of exertion for a user that may be compared to a level of exertion threshold included in a cardio machine profile. FIG. 5 describes an exemplary method for detecting device heading and motion data based motion features included in a motion model for a cardio machine activity.

FIG. 4 illustrates an exemplary method for calculating a user level of exertion that can be used to detect the type of cardio machine activity performed by the user. At step 402, the wearable device receives user characteristics from a user profile available on the wearable device and/or a remote computer server connected to the wearable device. User characteristics may include age, maximum oxygen consumption, level of fitness, previous performance information, historical heart rate data, current heart rate data, heart rate data during a particular activity, heart rate data of other users having similar user characteristics, and the like. At step 404, the wearable device may estimate a user fitness level based on one or more of the user characteristics. The user fitness level may include expected heart rate information for the user while performing a variety of activities including different types of cardio machine activities (e.g., rowing on a rowing machine, running on a treadmill, stepping on a stair stepper, and the like).

The resting heart rate of the user during a specific activity may be estimated at step 406. The resting heart rate of the user may be determined based on a user specific heart rate prediction model generated by surveying a plurality of datasets including heart rate data measured during an activity performed by the user and or a group of having one or more characteristics (e.g., age, gender, weight, fitness level, and the like) in common with the user. The plurality of datasets may be analyzed using a variety of heuristics, algorithms, or other techniques to generate the user specific heart rate prediction model. The resting heart rate of the user may also be generated using one or more machine learning models trained on the plurality of datasets including heart rate data. In various embodiments, the plurality of datasets including heart rate data may include heart rate data measured for the user, similar users, dissimilar users, and/or unclassified users during known cardio machine activities, known non-cardio machine activities, cardio machine activities performed on a known type of cardio machine, and/or during unclassified activities. At step 408, the current measured user heart rate is obtained from a heart rate sensor of the wearable device. At step 409, the wearable may estimate an average of heart rate measurements observed during the workout.

At step 410, the current measured user heart rate, the estimated resting rate for the user, and a history of heart rates observed during the activity (e.g., the measured average user heart rate during the workout), may be input into an exertion model. In various embodiments, the exertion model may be specific to the user and/or a type of cardio machine activity. At step 412, the exertion model determines a user level of exertion based on the resting heart rate, the current heart rate

measured for the user, and a history of heart rates observed during the activity. The user level of exertion output by the exertion model may seek to predict the user's level of exertion during the cardio machine activity. The exertion model may include a plurality of features for predicting the user's level of exertion. The plurality of features included in the exertion model may be obtained by surveying a plurality of datasets including heart rate data collected during an activity having a known level of exertion and or performed on a known type of cardio machine. The activities included in the plurality of datasets may be performed by the user and or a plurality of users having one or more characteristics in common with the user. Over time, the exertion model may be tuned to be more accurate and or specific to the user and/or cardio machine activity by modifying the plurality of features and or adding new features to the exertion model. The modified and or new features may be obtained by surveying a plurality of datasets including heart rate data collected during activities having a known level of exertion, a predicted level of exertion, and or a known cardio machine activity type. For example, one or more features of the exertion model may be adjusted (i.e., re-weighted) and or one or more new features added to correct for in-accurate level of exertion predictions. The features of the exertion model may also be adjusted and or revised in response to changes in the user's fitness level.

FIG. 5 illustrates an exemplary method of detecting motion features performed by a user during a cardio machine activity. At step 502, magnetic field data is received from a magnetic field sensor. At step 504, motion data is obtained from a motion sensor. At step 506, magnetic field data and motion data are input into a heading model. At step 508, the heading model estimates a device heading based on rotational data, for example, the rotational data generated using the 6 axis and or 9 axis sensor fusion described above.

To determine a user heading, the wearable device may project the three dimensional (3D) rotational data discussed below in connection with FIGS. 23A-25E into a two dimensional (2D) vector. The 2D vector may then be filtered to reduce noise. For example, the three dimensional rotational data collected using the 6 axis and or 9 axis approach is a 3D vector that moves in time and can be represented as  $i(t)=(x(t), y(t), z(t))$ . Then, in some embodiments,  $i(t)$  can be projected onto the x-y plane using the gravity vector, and the resulting 2D vector can be represented as  $j(t)=(x(t), y(t))$ . The x-component and y-component of  $j(t)$  may each individually filtered by a low-pass filter. The heading calculated for the user (i.e., user heading) corresponds to the angle between  $j(t)$  (i.e., the 2D rotational motion vector). To detect changes in the user's direction, the relative heading may be plotted to show the user's heading at multiple time points during the cardio machine activity. The change in the user's heading may then be calculated at adjacent times to show how  $j(t)$  is progressing in time. For example, suppose at  $t=0$ ,  $(x=1, y=0)$ , and then at  $t=1$ ,  $(x=0, y=1)$ , then the angle change (i.e., the change in heading) would be 90 degrees.

FIGS. 7, 10, and 18 below show a plot of the heading line derived from the 2D rotational motion vector generated during the activity. As shown in FIG. 7, the direction of the heading line 702 remains constant during the activity as indicated by little change (i.e., less than 90 degrees) in the slope of the heading line 702 during the activity. The large change (i.e., greater than 90 degrees) in the slope of the heading line 702 observed at the variable heading point indicates a significant change in user heading and suggests the activity has ended. To determine if change in relative heading is sufficient to detect and or confirm the end of an

activity, the change in relative heading may be compared to a relative heading threshold (e.g., 90 degrees to 140 degrees). If the change in relative heading exceeds the relative heading threshold, the wearable device may determine the activity is over. If the change in relative heading does not exceed the relative heading threshold, the wearable device may determine the activity is still ongoing. The magnitude of the relative heading threshold may be determined by surveying a plurality of datasets including rotational data, device headings, and or relative heading measurements obtained during activities having known beginning and ending points.

In various embodiments, the device heading may also be determined by algorithmically combining accelerometer measurements with gyroscope measurements to provide a smoothed estimate of the relative orientation of the wearable device in an inertial frame. In various embodiments, rotational data may include the angle/position of the wearable device in 3D space relative to a reference frame (e.g., a fixed body reference frame, and inertial reference frame, and the like.). For example, rotational data may include rotational angles (i.e., angular positions) in 3D space (e.g., roll, pitch, and yaw) that describe the position of the wearable device as well as angular acceleration and angular velocity measurements describing the rate of change between two or more angular positions. Motion data collected from one or more motions sensors (e.g., an accelerometer and gyroscope) may be used to generate rotational data including 3 rotational angles derived from accelerometer data and 3 rotational angles derived from gyroscope data. A device orientation data may be calculated based on the rotational data using 6 axis sensor fusion approach described above. In various embodiments, device heading may be calculated from the yaw component (e.g., rotational angle relative to the x axis or horizontal plane) of the rotational data.

At step 508, the heading model may estimate a relative heading of the wearable device by determining the difference in device heading at multiple points during the cardio machine activity. The heading model may also estimate relative heading of the wearable device by calculating the difference between the yaw component of the rotational data of the wearable device at multiple points during the activity. For example, the heading model may calculate relative heading by computing the angle of rotation of a body-fixed reference (e.g., the crown or another component fixed to the surface of the wearable device) relative to wearable device's local horizontal plane at two time points. The difference between angle of rotation relative to the wearable's local horizontal plane at the two time points may be calculated to determine the relative heading of the wearable device. In some embodiments, the relative heading may be determined continuously throughout the activity to accurately track the changes in the position of the wearable device.

Magnetic field data may be used to improve the accuracy of device headings by providing additional rotational data-points of the wearable device in 3D space that may be combined with the rotational data determined based on motion data. For example, an angle of rotation of a fixed body reference in the horizontal plane local to the wearable device may be calculated using rotational data (e.g., rotational angles in 3D space) generated from magnetic field data. The horizontal angle of rotation generated from magnetic field data may then be algorithmically combined with the horizontal angle of rotation generated from motion data (e.g., gyroscope and accelerometer data) to improve accuracy of device headings. By incorporating rotational data determined based on magnetic field data into device heading

calculations, the magnetic field data may be used to improve the accuracy of the relative heading estimate generated by the heading model. In various embodiments, magnetic field data may also be used to compute an absolute device heading relative to true north. The absolute device heading may be used to determine and or augment the device heading.

The heading model may be specific to the wearable device, the user, and/or a type of cardio machine activity. For example, the heading model may include one or more features used to determine the device heading for a particular user and or type of cardio machine activity. The features included in the heading model may be determined by surveying a plurality of datasets including rotational data collected during activities having multiple known device headings. The device heading output by the heading model may be used to predict the direction of the travel of the user during the cardio machine activity. Over time, the heading model may be tuned to be more accurately determine the device heading. In various embodiments the heading model may be tuned by adjusting one or more of the heading model features and or adding new features. Features may be adjusted and or added based on a plurality of datasets including rotational data collected during activities having multiple known device headings and device heading predictions generated by the heading model. For example, the heading model may be tuned by adjusting (e.g., changing the weights) one or more model features to correct for inaccurate heading values determined by the heading model and/or changes in the calibration of one or more sensors of the wearable device. In various embodiments, the rotational data included in the plurality of datasets may be measured by the wearable device, similar wearable devices, dissimilar wearable devices, and/or unclassified wearable devices during known cardio machine activities, known non-cardio machine activities, and/or during unclassified activities. The rotational data included in the plurality of datasets may be used to determine device headings. Alternatively, the plurality of datasets may include known correct heading values, known incorrect heading values, and/or unlabeled heading values generated that were previously calculated from the activities included in the plurality of datasets.

At step 510, motion data and the device heading are input into a cardio machine motion model. In various embodiments, the motion model may detect a particular cardio machine activity type by comparing the motion data and/or device headings obtained during a cardio machine activity to one or more motion features and a device heading threshold included in the cardio machine profile for each cardio machine. The motion model for each cardio machine activity type may include one or more motion features and or a device heading threshold that are specific to a cardio machine activity. The motion features and device heading threshold for a particular cardio machine activity may be determined by surveying a plurality of datasets including motion data, rotational data, and or device headings collected during known cardio machine activities. The activities included in the plurality of datasets may be performed on one or more particular cardio machines by the user and or a group of users having one or more characteristics in common with the user. The one or more motion features included in motion data and/or the device headings are then detected using the cardio machine activity motion model at step 512.

The motion features for each cardio machine activity type may correspond to particular patterns, heuristics, and/or signals included in motion data. For example, motion fea-

tures for rowing machine activities may include a direction constrained device heading and/or rowing strokes occurring at regular intervals during the rowing machine activity. FIGS. 9-20 below describe the motion features for other cardio machine activities in more detail. In various embodiments, the cardio machine motion model is a global motion model generalizable to activities performed on many different types of cardio machines. Global motion models may detect a variety of cardio machine motion features (e.g., rowing motion features, elliptical motion features, treadmill motion features, cycling motion features, and the like). In various embodiments, the cardio machine motion model may be specific to a particular cardio machine. The particular cardio machine motion model to use during a cardio machine activity may be informed by a user selecting a type of cardio machine workout or confirming the type of cardio machine workout in response to a confirmation request sent to a user via a graphic user interface (GUI) displayed on a display surface of the wearable device. The wearable device may also automatically determine the cardio machine motion model to use based on motion data.

The cardio machine motion model may continuously compare the motion data and or device heading to the motion features and or the device heading threshold included in the motion model for a particular cardio machine activity to detect the performance of the one or more motion features and or changes in device heading that indicate the user is using the particular cardio machine. In various embodiments, one or more machine learning techniques and/or predictive models trained on a plurality of datasets including motion data, rotational data, and or device headings collected during known cardio machine activities may be used to determine the motion features and or device heading threshold to include in the motion models for a wide variety of cardio machines. The motion data included in the plurality of datasets may include motion data collected for a user, similar users, dissimilar users, and/or unclassified users during known cardio machine activities of a particular type, known cardio machine activities, known non-cardio machine activities, and or unclassified cardio-machine activities. The device headings included in the plurality of datasets may be generated by the wearable device, similar wearable devices, dissimilar wearable devices, and unclassified wearable devices during known cardio machine activities of a particular type, known cardio machine activities, known non-cardio machine activities, and unclassified cardio-machine activities. Over time, the motion models for each type of cardio machine activity may evolve to include more features, device heading thresholds, patterns, heuristics, and/or signals indicating the user is using a particular cardio machine.

FIGS. 6-8 illustrate an exemplary process and exemplary features that may be used to detect the end of a rowing machine activity. FIG. 6 illustrates an exemplary process 600 for detecting the end of a rowing machine activity and FIGS. 7-8 illustrate two graphs displaying exemplary device heading and motion data collected during a rowing machine activity. Aspects of the data shown in FIGS. 7-8 are used to determine the end of a rowing machine activity using the process 600 illustrated in FIG. 6. In various embodiments, the device heading and motion data shown in FIGS. 7-8 may be analyzed by the wearable device to detect one or more motion features included in a rowing machine motion model. Motion features included in the rowing machine motion model may include rowing strokes observable during the rowing machine activity, intervals of rowing time and resting time, and device headings having a constrained

direction of travel. Intervals of rowing time and resting time may show up in motion data as alternating periods of rowing and resting, with the user performing a rowing motion during the rowing periods and a user remaining stationary during the resting periods. Rowing strokes performed during the rowing machine activity may cause the device heading to indicate a constrained direction of travel, wherein the device heading consistently repeats the same pattern during the rowing activity and exceeds a device heading threshold on a periodic basis during the rowing activity.

As shown in FIG. 6, a user starts a rowing activity at step 602. Heart rate data measured by a heart rate sensor, motion data measured by one or more motion sensors, and magnetic field data measured by a magnetic field sensor may be recorded by the wearable device during the rowing activity. In various embodiments, the heart rate sensor can be a PPG sensor and the wearable device may receive and/or process heart rate data from the PPG sensor according to techniques described in U.S. patent application Ser. No. 15/692,736, filed on Aug. 31, 2017, and entitled "SYSTEMS AND METHODS FOR DETERMINING AN INTENSITY LEVEL OF AN EXERCISE USING PHOTOPLETHYSMOGRAM (PPG)," which patent application is incorporated herein in its entirety. The wearable device may compare the heart rate data received from the heart rate sensor to a resting heart rate threshold (e.g., 30-70 beats per minute (bpm)) to determine that the user is active. The resting heart rate threshold may depend on one or more characteristics of the user, for example, age, fitness level, level of fatigue, and the like. The user heart rate, average heart rate, and/or level of exertion for users performing rowing machine activities may be difficult to measure because clenching the rowing apparatus by the user can disturb the ability of the heart rate sensor to sense to blood flow of the user. If the user is performing intervals during the rowing machine activity, the user's heart rate may correspond to the intervals so that the user's heart rate/level of exertion is higher during the rowing periods and the user's heart rate/level of exertion is lower during the resting periods.

At step 604, motion data and/or magnetic field data may be used to determine rotational data. The rotational data may then be used to calculate the position (i.e., device orientation) of the wearable device. At step 606, device heading may be estimated from rotational data describing the angle/position of the wearable device in 3D space relative to a reference frame. To determine changes in user direction, the wearable device may track changes in rotational data and/or device heading during the activity to determine the relative device heading. For example, periodically during the rowing machine activity, the wearable device may estimate a relative device heading by calculating a heading difference (e.g., the difference between a current device heading and a device heading determined at a previous time point). Changes in the relative heading that exceed a predetermined heading threshold (e.g., 90 degrees) may be interpreted by the wearable device as changes in user direction.

In various embodiments, changes in device heading that exceed a predetermined heading threshold (e.g., changes of 90 degrees or more in the horizontal angle of rotation) may indicate a user has left a cardio machine. The greater the change in device heading (i.e., the higher the relative heading), the higher the confidence level that may be associated with a determination to end a cardio machine activity. If, at step 608, the relative heading exceeds the heading threshold, a primary indicator for the end of a rowing machine activity may be detected. In response, the wearable device may search for a secondary indicator of the end of a rowing

activity end to confirm the user has ended the rowing machine activity. If, at step 608, the relative heading does not exceed a variable heading threshold, the wearable device may maintain the rowing machine activity and continue to estimate device heading. In various embodiments, motion features included in the rowing machine motion model may be detected in rotational data and or device headings estimated during the rowing machine activity. For example, a constrained direction of travel indicated by device headings that consistently follow the same pattern (i.e., periodically generate the same relative heading) and/or have very low relative heading values over an extended period of time may be included as a motion feature for rowing machine motion model.

In response to determining the relative heading exceeds a relative heading threshold, the wearable device may attempt to confirm the end of the rowing machine activity by searching for secondary indicator of the end of a rowing activity at steps 612-616. The secondary indicator of the end of a rowing activity may be included in heart rate data, motion data, rotational data, device orientations, and or device headings. For example, at step 612, the wearable device may determine if a user's current heart rate is below one or more heart rate thresholds (e.g., a resting heart rate threshold or a relative heart rate threshold, and the like). The wearable device may also use heart rate data to determine a level of exertion for the user and compare a current level of exertion to an exertion threshold. If the current heart rate/level of exertion is below a heart rate threshold/level of exertion threshold, the wearable device may end the rowing machine activity at step 610. If the current heart rate/level of exertion is not below a heart rate threshold/level of exertion threshold, the wearable device may search for a secondary indicator to confirm the end of a rowing machine activity in motion data and/or device headings.

In various embodiments, the wearable device may detect the end of a cardio machine activity using a relative heart rate. Relative heart rate may describe the difference between the current user heart rate and the average user heart rate during the activity session. To determine the user's relative heart rate, the wearable device calculates an average heart rate of the user during a cardio machine activity. The user device then determines the difference between the user's current heart rate and the average user heart rate to determine the relative heart rate. To confirm the end of a cardio machine activity, the wearable device may compare a relative heart rate to a relative heart rate threshold. If the relative heart rate threshold fails the relative heart rate threshold, the wearable device may end the rowing machine activity at step 610. In various embodiments, the wearable device may end the cardio machine activity upon determining the relative heart rate is below the relative heart rate threshold, below the resting heart rate threshold, and/or below the level of exertion fails the exertion threshold. The relative heart rate threshold may be specific to a particular type of cardio machine activity and/or generalizable across one or more distinct cardio machine activity types. The value for the relative heart rate threshold, the resting heart rate threshold, and or the exertion threshold may be determined by surveying a plurality of datasets including heart rate data collected during rowing activities before and after a known end of a rowing activity. The rowing activity included in the plurality of datasets may be performed by a particular user and or a group of users having one or more characteristics in common with the user.

At step 614, the wearable device may search motion data, rotational data, and/or device headings obtained during the

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rowing activity to detect one or more motion features included in a rowing motion model (e.g., rowing motion features). If the wearable device detects one or more rowing motion features, device headings may be further analyzed to detect a secondary indicator confirming the end of a rowing machine activity. If the wearable device does not detect one or more rowing motion features, the absence of rowing motion features in motion data, rotational data, and/or device headings generated by the user may be a secondary indicator confirming the end of a rowing activity, and a wearable device may end the rowing activity, at step 610.

At step 616, the wearable device may detect a sustained variable heading by detecting a series of direction changes within the device headings estimated during a defined period of time (e.g., 1 minute, 5 minutes, etc.). The device heading of a wearable device remains constant during a rowing machine activity because the user must be on the machine facing the same direction at all times during the rowing activity. Therefore, a period of sustained variable heading in which the device headings are not constant for a defined period of time or repeating during periodic intervals indicates a user is not performing a rowing machine activity and may be considered a secondary indicator of the end of a rowing activity. In response to detecting the secondary indicator in the device headings, the wearable device may end the rowing activity, at step 610. If device heading changes once during the rowing activity but does not continue to change, the user may be stationary after getting up from a rowing machine and/or may be stationary while still on the rowing machine. Therefore, if no sustained variable heading is detected, the wearable device may detect a device timeout, at step 618. If a device timeout is detected, the wearable device waits for the user to resume the rowing machine activity and calculates an estimate for device heading, at step 606 when activity is resumed. If a device timeout is not detected, the wearable device repeats steps 612-616 to detect a secondary indicator and confirm the end of the rowing activity.

FIGS. 7-8 illustrate exemplary device heading and stroke rate data 700 collected by the wearable device during a rowing activity. As shown in FIG. 7 the direction of the device heading shown by the heading line 702 remained constant throughout the rowing activity. The heading line 702 is analogous to the path a user would take through a room with straight lines with consistent slope indicating very little heading change and zig zagging lines or abrupt changes in the slope or direction of the heading line 702 indicating a variable heading. As shown in FIG. 7, the end of the rowing activity was indicated by the abrupt change in the direction of the heading line 702 at the variable heading point 704. The heading line 702 had a constant direction that was up and to the right until the variable heading point 704. At the variable heading point 704, the heading line 702 changed direction and began moving down and to the right. The down and to the right direction of the heading line 702 was maintained for an extend period of time (e.g., at least 1 to 5 minutes) after the variable heading point 704 indicating a sustained change in heading. This sustained change in device heading may be a primary indicator of the end of a cardio machine activity.

As shown in FIG. 8, the stroke rate indicating the number of rowing strokes per minute the user performed during the rowing activity fluctuated at regular intervals between rowing periods having around 35 strokes per minute shown at the rowing points 802 and resting periods having 0 strokes per minute shown at the resting points 804. The sustained period of no-rowing strokes within the non-rowing region

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806 corresponds with the end of the rowing machine activity and the absence of the rowing stroke motion feature may be a secondary indicator detected by the wearable device to confirm the end of the rowing machine activity. Stroke rate data shown in FIG. 8 is incorporated into the heading line 702 so that the color of the heading line 702 may reflect the stroke rate at that point in time during the rowing machine activity. As shown in FIG. 7, the heading line 702 may be shaded yellow and red when the stroke rate is elevated (e.g., above 25 strokes per minute) and the heading line 702 may be shaded green and blue when the stroke rate is reduced (e.g., below 25 strokes per minute).

FIGS. 9-12 illustrate an exemplary process and exemplary features that may be used to detect the end of a stair stepper activity. FIG. 9 illustrates an exemplary process 900 for detecting the end of a stair stepper activity and FIGS. 10-12 illustrate three graphs displaying exemplary device headings, heart rate, and step cadence data collected during a stair stepper activity. Aspects of the data shown in FIGS. 10-12 are used by the process 900 illustrated in FIG. 9 to determine the end of a stair stepper activity. In various embodiments, device heading and motion data shown in FIGS. 10 and 12 may be analyzed by the wearable device to detect one or more motion features included in a motion model for a stair stepper machine. Motion features included in the motion model for a stair stepper machine may include steps and device headings that have subtle differences due to grip changes and/or periodic perpendicular heading changes caused by side stepping.

The stepping motion may be unobservable at certain points during the stair stepper activity when the user is holding onto the handrails of the machine and thereby keeping the wearable device stationary and the user's arm/wrist pose constant. When the user releases the handrails of the stair stepper machine, the wearable device may begin detecting the stepping motion by observing changes in the user's arm/wrist pose that are consistent with steps. Therefore, subtle changes in user hand position caused by the user grasping and/or releasing a handrail may correspond with the beginning and/or end of period of observable stepping motion. Grip changes while the user is holding the handrails and/or gripping or releasing the handrails may show up in device headings as subtle heading changes (e.g., small relative heading values) that may not exceed the heading threshold for stair stepper motion. During stair stepper activities, users may perform side steps and/or cross over-steps to climb stairs on a stair stepper machine. To perform side steps, users may turn perpendicularly from facing the front of the machine to facing the handrails at the side of the machine and climb stairs from this side facing position with the user's feet parallel to wider section of the stairs. Side stepping may show up in device headings as a perpendicular change of direction that may occur periodically during a stair stepper activity.

In various embodiments, the motion profile for a stair stepper machine may include a plurality of motion features, a level of exertion threshold, and a heading threshold. The plurality of motion features, the level of exertion threshold, and the heading threshold for the stair stepper machine motion profile may be determined by surveying a plurality of datasets including motion data, heart rate data, rotational data, and or device headings collected during known stair stepper activities. For example, a stair stepper activity may have a high level of exertion threshold (e.g., above 10.0 metabolic equivalents (METs)) due to the aerobic intensity of the stair stepper activities included in the plurality of datasets. Stair stepper activities included in the plurality of

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datasets may be performed by a particular user and or a group of users having one or more characteristics in common with the particular user. Once one or more motion features and or a device heading that exceeds the heading threshold is detected as a primary indicator of the end of stair stepper activity, the wearable device may analyze the heart rate data to confirm the user has ended the stair stepper activity. For example, the wearable device may analyze the heart rate data shown in FIG. 11 to detect a secondary indicator of the end of a stair stepper activity by measuring a heart rate of the user that produces a level of exertion falling below the level of exertion threshold (e.g., below 10.0 METs) included in the motion profile for the stair stepper machine.

To detect the end of a stair stepper activity using the exemplary process 900 shown in FIG. 9, a user starts a stair stepper activity at step 902. Heart rate data measured by a heart rate sensor, motion data measured by one or more motion sensors, and magnetic field data measured by a magnetic field sensor may be recorded by the wearable device during the stair stepper activity. In various embodiments, the heart rate sensor can be a PPG sensor and the wearable device may receive and/or process heart rate data from the PPG sensor according to techniques described in U.S. patent application Ser. No. 15/692,736, filed on Aug. 31, 2017, and entitled "SYSTEMS AND METHODS FOR DETERMINING AN INTENSITY LEVEL OF AN EXERCISE USING PHOTOPLETHYSMOGRAM (PPG)," which patent application is incorporated herein in its entirety. The wearable device may compare the heart rate data received from the heart rate sensor to a resting heart rate threshold (e.g., 30-70 beats per minute (bpm)) to determine that the user is active. The resting heart rate threshold may depend on characteristics of the user including age, fitness level, level of fatigue, and the like and may be determined by surveying a plurality of datasets including heart rate data collected during activity sessions having a wide range of exertion levels. The activity sessions may be performed by the user and or a group of users having one or more characteristics in common with the user.

At step 904, rotational data may be determined from motion data and/or magnetic field data as described above. The rotational data may then be used to calculate the position (i.e., device orientation) of the wearable device. At step 906, device heading may be estimated from rotational data describing the angle/position of the wearable device in 3D space relative to a reference frame. To determine changes in user direction, the wearable device may track changes in rotational data and/or device heading during the activity session to determine a relative device heading. For example, continuously and or periodically during the stair stepper activity, the wearable device may estimate a relative device heading by calculating a heading difference (e.g., the difference between a current device heading and a device heading determined at a previous time point).

If, at step 908, the heading difference exceeds a predetermined heading threshold for the stair stepper activity, a primary indicator for the end of a stair stepper activity may be detected. While performing a stair stepper activity, the user is confined to the stair stepper machine and therefore generally travels in the same direction. Accordingly, the heading threshold for the stair stepper activity may correspond to large change (e.g., 140 degrees or more) in heading. In response to detecting a relative heading that exceeds the heading threshold, the wearable device may search for a secondary indicator of the end of a stair stepper activity to confirm the user has ended the stair stepper activity. If, at

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step 908, the heading difference does not exceed the heading threshold for the stair stepper activity, the wearable device may maintain the stair stepper activity and continue to estimate device heading. In various embodiments, the stair stepper motion model may include one or more motion features that may be detected in device headings. For example, perpendicular changes (i.e., shifts in device headings of approximately 90 degrees) in device heading may occur when a user turns perpendicularly to a side stepping position. Additionally, subtle changes (i.e., less than 20 degrees) in device heading may occur when a user adjusts her grip on the handrails and/or grips or releases a handrail. In some embodiments, a user may turn to a side stepping position by changing from a front facing position facing the front of the stair stepper machine to a side facing position facing the handrails at the side of the stair stepper.

At steps 912-916, the wearable device may attempt to confirm the end of the stair stepper activity by searching for a secondary indicator of the end of a stair stepper activity in heart rate data, motion data, and device headings. At step 912, the wearable device may determine that a user's current heart rate is below a heart rate threshold for a stair stepper activity (e.g., a resting heart rate threshold, relative heart rate threshold hold, an average heart rate threshold, and the like). The wearable device may also use heart rate data to determine a level of exertion for the user and compare a current level of exertion to a predetermined exertion threshold for the stair stepper activity. If the current heart rate/level of exertion is below a heart rate threshold/level of exertion threshold for the stair stepper activity, the wearable device ends the stair stepper activity at step 910. If the current heart rate/level of exertion is not below a heart rate threshold/level of exertion threshold for the stair stepper activity, the wearable device may search for a secondary indicator to confirm the end of a stair stepper activity in motion and/or orientation data.

In various embodiments, the wearable device may detect the end of a cardio machine activity using a relative heart rate. Relative heart rate may describe the difference between the current user heart rate and the average user heart rate during the activity session. To determine the user's relative heart rate, the wearable device calculates an average heart rate of the user during a cardio machine activity. The user device then computes the difference between the user's current heart rate and the average user heart rate to determine the relative heart rate. To confirm the end of a cardio machine activity, the wearable device may compare a relative heart rate to a relative heart rate threshold. If the relative heart rate does not exceed the relative heart rate threshold, the wearable device may end the stair stepper activity at step 910. The relative heart rate threshold may be determined by surveying a plurality of datasets including heart rate data and or relative heart rates collected during stair stepper activities. The activities may be performed by a particular user and or a group of users having one or more characteristics in common with the particular user. The relative heart rate threshold may be specific to a particular type of cardio machine activity and/or generalizable across one or more distinct cardio machine activity types. In summary, the wearable device may end the cardio machine activity upon determining the relative heart rate is below the relative heart rate threshold, determining the current heart rate is below the resting heart rate threshold, and/or determining the current level of exertion falls below the level of exertion threshold.

At step 914, the wearable device may detect one or more motion features included in a motion profile for a stair stepper (e.g., a stepping motion, side stepping, and/or grip

changes) in motion data and/or device headings. If the wearable device detects one or more stair stepper motion features, device headings may be further analyzed to detect a secondary indicator confirming the end of a stair stepper activity. If the wearable device does not detect one or more stair stepper motion features, the absence of stair stepper motion features in motion data generated by the user may be a secondary indicator confirming the end of a stair stepper activity, and a wearable device may end the stair stepper activity, at step 910.

At step 916, the wearable device may detect a sustained variable heading by detecting a series of changes in the device headings estimated during a defined period of time (e.g., 1 minute, 5 minutes, etc.) The device headings remain constant during a stair stepper activity because the user remains on the stair stepper machine travels in the same direction during the stair stepper activity. Therefore, a period of sustained variable heading in which the device headings are not constant for a defined period of time may indicate that a user is not performing a stair stepping activity and may be considered a secondary indicator of the end of a stair stepper activity. In response to detecting the sustained variable heading as secondary indicator of the end of an activity, the wearable device may end the stair stepper activity, at step 910. If the device heading changes once but does not continue to change, the user may be stationary after getting off of a stair stepper machine and/or may be stationary while still on the stair stepper machine.

Therefore, no sustained variable heading is detected, and the wearable device may detect a device timeout, at step 918. If a device timeout is detected, the wearable device waits for the user to resume the stair stepper activity and may calculate an estimate for device heading, at step 906 when activity is resumed. If a device timeout is not detected, the wearable device may repeat steps 912-916 to detect a secondary indicator and confirm the end of the stair stepper activity.

FIGS. 10-12 illustrate exemplary device heading, heart rate, and step cadence data collected by the wearable device during a stair stepper activity. The heading line 1004 in FIG. 10 is analogous to the path a user would take through a room with straight lines having a consistent slope indicating very little heading change and zig zagging lines or abrupt changes in the slope or direction of the heading line 1004 indicating a variable heading. As shown in FIG. 10 the direction of the device heading shown by the heading line 1004 remains constant during the stair stepper activity. As shown in FIG. 10, the end of the stair stepper activity is indicated by an abrupt change in the direction and slope of the heading line 1004 at the variable heading point 1006. The heading line 1004 had a direction that was down and to the right and a negative slope until the variable heading point 1006. At the variable heading point 1006, the direction of the heading line changed to up and to the right and the slope became positive. The relative heading observed between points on the heading line 1004 before and after the variable heading point 1006 exceed the heading threshold (e.g., 140 degrees) for the stair stepper activity. Therefore, the wearable device may detect a primary indicator of the end of the stair stepper activity in device heading data shown in FIG. 10.

As shown in FIG. 11, heart rate of the user remained elevated well above resting (e.g., 120-170 beats per minute (bpm)) during the stair stepper activity. The low point 1102 for heart rate came just after a very intense period of exercise and remained well above resting (e.g., 70 bpm). Heart rate data shown in FIG. 11 may be incorporated into the device headings shown in FIG. 10 with the shade of the heading line 1004 indicating the user's heart rate at that point during the

stair stepper activity. For example, the yellow and red shades may indicate the user's heart rate is elevated (i.e., above 120 bpm) at that time during the stair stepper activity and the green and yellow shades may indicate the users heart rate is reduced (below 120 bpm) at that time during the stair stepper activity. As shown in FIG. 10, the green region 1002 of the heading line 1004 corresponds with the low point 1102 for heart rate shown in FIG. 11. After the variable heading point 1006, the heart rate decreases as shown by the green shading and the post activity area 1104 of the heart rate data in FIG. 11. The heart rate in the post activity area 1104, however, is still above a resting heart rate. Therefore, the step cadence data shown in FIG. 12 may be used detect a secondary indicator of the end of a stair stepper activity.

As shown in FIG. 12, step cadence data illustrates a step cadence above 100 steps per minute during the majority of the stair stepper activity aside from a five minute period of 0 steps per minute that corresponds with the low point 1102 of the heart rate data shown in in FIG. 11. The device heading did not change during this period. Therefore, the wearable device detected the user was still on the stair stepper device and maintained the stair stepper activity. The user may have been holding the handrails thereby keeping her arm/wrist position and/or the wearable device steady during this period. The user may have been holding the handrails during the other short periods of 0 steps per minute during the stair stepper activity, therefore no variable heading was detected at these points during the stair stepper activity. After the variable heading point 1006 was detected, there is a larger region of 0 steps per minute was detected in the step cadence data. This period of in-activity after the heading change shown by the step cadence of 0 steps per minute may be detected a secondary indicator by the wearable device confirming the end of the stair stepper activity.

FIGS. 13-16 illustrate an exemplary process and exemplary features that may be used to detect the end of a treadmill/elliptical activity. FIG. 13 illustrates an exemplary process 1300 for detecting the end of a treadmill/elliptical activity and FIGS. 14-16 illustrate three graphs displaying exemplary device heading, heart rate, and step count data collected during a treadmill/elliptical activity. Aspects of the data shown in FIGS. 14-16 are used by the process 1300 illustrated in FIG. 13 to determine the end of a treadmill/elliptical activity. In various embodiments, the device headings and motion data shown in FIGS. 14 and 16 may be analyzed by the wearable device to detect one or more motion features included in a motion model for a treadmill/elliptical machine. For example, motion features included in a motion model for a treadmill/elliptical machine may include a stepping motion and device headings that have subtle differences due to grip changes.

The stepping motion may be unobservable at certain points during the treadmill/elliptical activity. For example, the stepping motion may not be detectable when the user is holding onto the handrails of the machine and thereby keeping the wearable device stationary and the user's arm/wrist pose constant. When the user releases the handrails of the treadmill/elliptical machine, the wearable device may begin detecting the stepping motion by observing changes in the user's arm/wrist pose that are consistent with steps. Therefore, subtle changes in user hand position caused by a user grasping and/or releasing a handrail may correspond with the beginning and/or end of a period having an observable stepping motion. Grip changes while the user is holding the handrails and/or gripping or releasing the handrails may

show up in device headings as subtle heading changes that may not exceed a heading threshold for a treadmill/elliptical activity.

In various embodiments, a motion profile for a treadmill/elliptical activity may include a one or more motion features, a heading threshold, and a level of exertion threshold for a treadmill/elliptical activity. The level of exertion threshold for a treadmill/elliptical activity may be high to medium exertion (e.g., between 2.1 metabolic equivalents (METs) and 10.0 METs) due to the variable intensity of treadmill/elliptical activities. By analyzing the heart rate data shown in FIG. 15, the wearable device may detect a secondary indicator of the end of a treadmill/elliptical activity by measuring a heart rate of the user that produces a level of exertion below the level of exertion threshold (e.g., below 2.1 METs) included in the motion profile for the treadmill/elliptical activity. The one or more motion features, the heading threshold, and or the level of exertion threshold for the treadmill/elliptical activity may be determined by surveying a plurality of datasets including motion data, device headings, rotational data, heart rate data, and or exertion levels collected during known treadmill/elliptical activities. The treadmill/elliptical activities may be performed by a particular user and or a group of users having one or more characteristics in common with the particular user.

As shown in FIG. 13, a user starts a treadmill/elliptical activity at step 1302. Heart rate data measured by a heart rate sensor, motion data measured by one or more motion sensors, and magnetic field data measured by a magnetic field sensor may be recorded by the wearable device during the rowing activity. In various embodiments, the heart rate sensor can be a PPG sensor and the wearable device may receive and/or process heart rate data from the PPG sensor according to techniques described in U.S. patent application Ser. No. 15/692,736, filed on Aug. 31, 2017, and entitled "SYSTEMS AND METHODS FOR DETERMINING AN INTENSITY LEVEL OF AN EXERCISE USING PHOTOPLETHYSMOGRAM (PPG)," which patent application is incorporated herein in its entirety. The wearable device may compare the heart rate data received from the heart rate sensor to a resting heart rate threshold (e.g., 30-70 beats per minute (bpm)) to determine that the user is active. The resting heart rate threshold may depend on characteristics of the user including age, fitness level, level of fatigue, and the like.

At step 1304, motion data and/or magnetic field data may be used to calculate rotational data. At step 1306, device heading may be estimated from rotational data describing the angle/position of the wearable device in 3D space relative to a reference frame. To determine changes in user direction, the wearable device may track changes in device heading during the activity session to determine the relative device heading. For example, periodically (i.e., continuously or at other defined time intervals) during the treadmill/elliptical activity, the wearable device may estimate a relative device heading by calculating a heading difference (e.g., the difference between a current device heading and the device heading at a previous time point). If, at step 1308, the heading difference exceeds a heading threshold for the treadmill/elliptical activity, a primary indicator for the end of a treadmill/elliptical activity may be detected. In response to detecting the primary indicator, the wearable device may search for a secondary indicator of the end of the treadmill/elliptical activity to confirm the activity is over. If, at step 1308, the heading difference does not exceed the heading threshold for the treadmill/elliptical activity, the wearable device may maintain the treadmill/elliptical activity and

continue to estimate device heading. In various embodiments, the treadmill/elliptical motion model may include one or more motion features that may be detected in device headings. For example, subtle changes in device heading that occur when a user adjusts her grip on the handrails and/or grips or releases a handrail. These grip changes may show up in device headings as small relative heading values (i.e., changes of 20 degrees or less) that do not exceed the heading threshold (e.g., 90 to 140 degrees) for the treadmill/elliptical activity.

At steps 1312-1316, the wearable device may attempt to confirm the end of the treadmill/elliptical activity by searching for a secondary indicator of the end of the activity in heart rate data, motion data, and device headings. At step 1312, the wearable device may determine a user's current heart rate is below one or more heart rate thresholds (e.g., a resting heart rate threshold, an average of heart rate threshold, a relative heart rate threshold, and the like). The wearable device may also use heart rate data to determine a level of exertion for the user and compare a current level of exertion to a level of exertion threshold. If the current heart rate/level of exertion is below a heart rate threshold/level of exertion threshold, the wearable device may end the treadmill/elliptical activity, at step 1310. If the current heart rate/level of exertion is not below a heart rate threshold/level of exertion threshold, the wearable device may search for a secondary indicator to confirm the end of a treadmill/elliptical activity in motion data and/or device headings. The level of exertion threshold for a treadmill/elliptical activity may be a high to medium exertion (e.g., 2.1 METs to 10.0 METs).

In various embodiments, the wearable device may detect the end of the treadmill/elliptical activity using a relative heart rate. Relative heart rate may describe the difference between the current user heart rate and the average user heart rate during the activity session. To determine the user's relative heart rate, the wearable device calculates an average heart rate of the user during the treadmill/elliptical activity. The wearable device then computes the difference between the user's current heart rate and the average user heart rate to determine the relative heart rate. To confirm the end of a treadmill/elliptical activity, the wearable device may compare the relative heart rate to a relative heart rate threshold for the treadmill/elliptical activity. If the current relative heart rate is below the relative heart rate threshold, the wearable device may end the treadmill/elliptical activity at step 1310. In various embodiments, the wearable device may end the cardio machine activity upon determining the relative heart rate is below the relative heart rate threshold for the treadmill/elliptical activity, determining the current heart rate is below the resting heart rate threshold, and/or determining the level of exertion is below the level of exertion threshold for the treadmill/elliptical activity. The relative heart rate threshold for a treadmill/elliptical activity may be determined by surveying a plurality of datasets including heart rate data and or relative heart rates collected during known treadmill/elliptical activities. The treadmill/elliptical activities included in the plurality of datasets may be performed by a particular user and or a group of users having one or more characteristics in common with the particular user.

At step 1314, the wearable device may detect one or more motion features (e.g., a stepping motion, grip changes, and the like) included in the motion model for a treadmill/elliptical activity in motion data and/or device headings. If the wearable device detects one or more treadmill/elliptical motion features, device headings may be further analyzed to

detect a secondary indicator confirming the end of a treadmill/elliptical activity. If the wearable device does not detect one or more treadmill/elliptical motion features, the absence of treadmill/elliptical motion features in motion data may be a secondary indicator confirming the end of a treadmill/elliptical activity, and a wearable device may end the treadmill/elliptical activity, at step **1310**.

At step **1316**, the wearable device may detect a sustained variable heading by detecting a series of changes in the device headings estimated during a defined period of time (e.g., 1 minute, 5 minutes, etc.). The device heading remains constant during a treadmill/elliptical activity because the user performs the treadmill/elliptical activity while on the treadmill/elliptical machine and faces the same direction during the activity. Therefore, a period of sustained variable heading in which the device headings are not constant for a defined period of time indicates a user is not performing a treadmill/elliptical activity and may be considered a secondary indicator that the user has ended the treadmill/elliptical activity that causes the wearable device to end the treadmill/elliptical activity at step **1310**. If the device heading changes significantly enough for the relative heading to exceed the heading threshold for the treadmill/elliptical activity (e.g., a relative heading above 90 degrees) but does not continue to change during a defined period of time, the user may be stationary after getting off of a treadmill/elliptical machine and/or may be stationary while still on the cardio machine. Therefore, no sustained variable heading is detected and the wearable device may detect a device timeout, at step **1318**. If a device timeout is detected, the wearable device may wait for the user to resume the treadmill/elliptical activity and may continue to estimate device headings, at step **1306** when activity is resumed. If a device timeout is not detected, the wearable device may repeat steps **1312-1316** to detect a secondary indicator that confirms the end of the treadmill/elliptical activity.

FIGS. **14-16** illustrate exemplary device heading, heart rate, and step count data collected by the wearable device during a treadmill/elliptical activity. The heading line **1404** in FIG. **14** is analogous to the path a user would take through a room. Straight segments of the heading line **1404** having a consistent slope and direction indicate very little heading change (i.e., relative headings that are below the heading threshold for the treadmill/elliptical activity) and zig zagging lines or abrupt changes in the slope or direction of the heading line **1404** indicate a variable heading. As shown in FIG. **14**, the device heading remained mostly constant during the treadmill/elliptical activity as shown by the constant positive slope and constant up and to the right direction of the heading line **1404**. As shown in FIG. **14**, the end of the treadmill/elliptical activity was indicated by an abrupt change in slope of the heading line **1404** at the variable heading point **1402** from positive to near zero. The direction of the heading line **1404** also changed at the variable heading point **1402** from up and to the right to flat and to the left. Therefore, the relative heading between a point before the variable heading point **1402** and a point after the variable heading point **1402** exceeds the heading threshold for the treadmill/elliptical activity. The wearable device may detect the change in device heading shown at the variable heading point **1402** as a primary indicator of the end of the treadmill/elliptical activity.

As shown in FIG. **15**, heart rate of the user remained elevated well above resting (e.g., 100-110 bpm) during the treadmill/elliptical activity. After the variable point, the heart rate decreases as shown by the heart rate below 100 bpm in the post activity area **1502** at 0 minutes to the end of the

treadmill/elliptical activity. However, the heart rate at 0 minutes is still above a resting heart rate (e.g., 30 to 70 bpm). Therefore, the end of the treadmill/elliptical activity may not be confirmed using the heart rate data shown in FIG. **15**. To confirm the end of the treadmill/elliptical activity, the wearable device may analyze the step count data shown in FIG. **16**. As shown in FIG. **16**, the step count data includes intervals of elevated step count **1602** (e.g., above 10 steps) during the majority of the treadmill/elliptical activity. The step count consistently fluctuates between 0 and 10 during the treadmill/elliptical activity. The device heading did not change during this period therefore, the wearable device detected the user was still on the treadmill/elliptical device and maintained the treadmill/elliptical activity. The 0 step counts during the treadmill/elliptical activity may have been detected when the user was holding the handrails thereby keeping her wrist position and the device steady during this time during the treadmill/elliptical activity.

After the variable heading point **1402** was detected, there is a larger region of zero step count beginning at 0 minutes to the end of workout. However, some steps were detected even after the variable heading point. Therefore, additional analysis of the device heading may be needed to confirm the end of the treadmill/elliptical activity. As shown in FIG. **14**, the variable heading is sustained. First, at the variable heading point **1402**, the slope of the heading line **1404** changes from positive to near zero and the direction of the heading line shifts from up and to the right to flat and to the right. A short time after the variable heading point **1402**, the slope of the heading line **1404** remains near zero but the direction of the heading line **1404** changes from flat and to the right to flat and to the left. This 180 degree change in heading immediately after a large (i.e., greater than 90 degree) change in heading at the variable heading point is detected by the wearable device as a sustained variable heading. The wearable device may determine the sustained variable heading is a secondary indicator confirming the end of the treadmill/elliptical activity.

FIGS. **17-20** illustrate an exemplary process and motion features used to detect the end of an indoor cycling activity. FIG. **17** illustrates an exemplary process **1700** for detecting the end of an indoor cycling activity and FIGS. **18-20** illustrate three graphs displaying exemplary device heading, heart rate, and step count data collected during an indoor cycling activity. Aspects of the data shown in FIGS. **18-20** are used by the process **1700** shown in FIG. **17** to determine the end of an indoor cycling activity. In various embodiments, the device headings and motion data shown in FIGS. **18** and **20** may be analyzed by the wearable device to detect one or more motion features included in a motion model for an indoor cycling machine. Motion features included in a motion model for an indoor cycling machine may include pedal strokes, no steps, a low, alternating arm swing, and device headings that have subtle differences due to grip changes.

The low alternating arm swing may be a swinging motion observable in the arm/wrist of the user as the user's body rocks back and forth while pedaling. The low alternating arm swing may be very subtle when the user is pedaling in a seated position. The amount of arm swing observable in the low alternating arm swing motion may increase when the user begins pedaling in a standing position and/or increases pedaling cadence or becomes more tired. Grip changes while the user is holding the handlebars and/or gripping or releasing the handlebars may show up in device headings as small

relative heading values (e.g., less than 20 degrees) that may not exceed a heading threshold (e.g., greater than 90 degrees).

In various embodiments, the motion profile for the indoor cycling machine may include one or more motion features, the heading threshold, and or a level of exertion threshold for an indoor cycling activity. The motion features, heading threshold, and or level of exertion threshold may be determined by surveying a plurality of datasets including motion data, rotational data, heart rate data, device headings, and or level of exertion estimates collected during known indoor cycling activities. The indoor cycling activities included in the plurality of datasets may be performed by a particular user and or a group of users having one or more characteristics in common with the particular user. The expected level of exertion for an indoor cycling activity may be high to very low exertion (e.g., 1.1 to 10.0 METs) due to the highly variable intensity of indoor cycling activities. By analyzing the heart rate data shown in FIG. 19, the wearable device may detect a secondary indicator of the end of an indoor cycling activity by measuring a heart rate of the user that produces a level of exertion below the level of exertion threshold (e.g., below 1.1 METs) for the indoor cycling activity.

As shown in FIG. 17, a user starts an indoor cycling activity at step 1702. During the cycling activity, the wearable device may record heart rate data from a heart rate sensor, motion data from one or more motion sensors, and magnetic field data from one or more magnetic field sensors. In various embodiments, the heart rate sensor can be a PPG sensor and the wearable device may receive and/or process heart rate data from the PPG sensor according to techniques described in U.S. patent application Ser. No. 15/692,736, filed on Aug. 31, 2017, and entitled "SYSTEMS AND METHODS FOR DETERMINING AN INTENSITY LEVEL OF AN EXERCISE USING PHOTOPLETHYSMOGRAM (PPG)," which patent application is incorporated herein in its entirety. The wearable device may compare the heart rate data received from the heart rate sensor to a resting heart rate threshold (e.g., 30-70 beats per minute (bpm)) to determine the user is active. The resting heart rate threshold may depend on characteristics of the user including age, fitness level, level of fatigue, and the like.

At step 1704, motion data and/or magnetic field data may be used to determine rotational data. The rotational data may then be used to calculate a device orientation describing the position of the wearable device with a reference frame. At step 1706, device heading may be estimated from the rotational data to determine the direction of travel of a user. The wearable device may estimate a device heading continuously during the indoor cycling activity to track the device heading throughout the indoor cycling activity. Periodically (e.g., continuously or at any other regular time interval) during the indoor cycling machine activity, the wearable device may estimate a change in device heading (i.e., a relative device heading) by calculating a heading difference (e.g., the difference between an current device heading and a device heading measured at a previous time point). If, at step 1708, the heading difference exceeds the heading threshold for the indoor cycling activity, a primary indicator of the end of an indoor cycling activity may be detected and the wearable device may search for a secondary indicator to confirm the end of the indoor cycling activity. If, at step 1708, the heading difference does not exceed the heading threshold for the indoor cycling activity, the wearable device may maintain the indoor cycling activity and continue to estimate device heading.

In various embodiments, one or more motion features included in the indoor cycling motion model may be detected in device headings recorded during an indoor cycling activity. The one or more motion features detectable from device headings for an indoor cycling activity may be, for example, grip changes during an indoor cycling activity. The grip changes may include a user adjusting the position of one or more hands on the handlebars and/or gripping or releasing the handlebars. These grip changes may show up in the heading data as small relative heading values (e.g., less than 20 degrees) that do not exceed the heading threshold (e.g., more than 90 degrees).

At steps 1712-1716, the wearable device may attempt to confirm the end of the indoor cycling activity by searching for a secondary indicator of the end of the indoor cycling activity end in heart rate data, motion data, and/or device headings. At step 1712, the wearable device may determine a user's current heart rate is below one or more heart rate thresholds (e.g., a resting heart rate threshold, average heart rate threshold, relative heart rate threshold, and the like). The wearable device may also use heart rate data to determine a level of exertion for the user and compare a current level of exertion to a level of exertion threshold. If the current heart rate/level of exertion is below a heart rate threshold/level of exertion threshold, the wearable device may end the indoor cycling activity at step 1710. If the current heart rate/level of exertion is not below a heart rate threshold/level of exertion threshold, the wearable device may search for a secondary indicator to confirm the end of an indoor cycling activity in motion data and/or device headings.

In various embodiments, the wearable device may detect the end of a cardio machine activity using a relative heart rate. Relative heart rate may describe the difference between the current user heart rate and the average user heart rate during the activity session. To determine the user's relative heart rate, the wearable device calculates an average heart rate of the user during an indoor cycling activity. The user device then computes the difference between the user's current heart rate and the average user heart rate to determine the relative heart rate. To confirm the end of the indoor cycling activity, the wearable device may compare a relative heart rate to a relative heart rate threshold. If the relative heart rate threshold fails the relative heart rate threshold, the wearable device may end the indoor cycling activity at step 1710. In various embodiments, the wearable device may end the cardio machine activity upon determining the relative heart rate is below the relative heart rate threshold, determining the current heart rate is below the resting heart rate threshold, and/or determining the current level of exertion is below the level of exertion threshold. The one or more heart rate thresholds, the relative heart rate threshold, and or the level of exertion threshold for the indoor cycling activity may be determined by surveying a plurality of datasets including heart rate data, relative heart rates, and or level of exertion calculations collected during known indoor cycling activities. The indoor cycling activities included in the plurality of datasets may be performed by a particular user and or a group of users having one or more characteristics in common with the particular user.

At step 1714, the wearable device may detect one or more motion features included in an indoor cycling motion model (e.g., pedaling motion, no steps, arm swing, and grip changes), in motion data and/or device headings. If the wearable device detects one or more indoor cycling motion features, device headings may be further analyzed to detect a secondary indicator confirming the end of an indoor

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cycling activity. If the wearable device does not detect one or more indoor cycling features, the absence of motion features in motion data generated by the user may be a secondary indicator confirming the end of an indoor cycling activity, and a wearable device may end the indoor cycling activity, at step 1710.

At step 1716, the wearable device may detect a sustained variable heading by detecting a series of changes device headings estimated during a defined period of time (e.g., 1 minute, 5 minutes, etc.) that exceed the heading threshold for the indoor cycling activity. The device headings remain constant during an indoor cycling activity because indoor cycling activities are performed on a stationary indoor cycling machine while facing a forward direction. Therefore, a period of sustained variable heading in which the device headings are not constant for a defined period of time indicates a user is not performing an indoor cycling activity and may be considered a secondary indicator of an activity end that causes the wearable device to end the indoor cycling activity, at step 1710. If the wearable device detects one change in device heading that exceeds the heading threshold but the relative heading does not continue to exceed the heading threshold, the user may be stationary after getting off an indoor cycling machine and/or may be stationary while still on the cardio machine. Therefore, if no sustained variable heading is detected after a first variable heading, the wearable device may detect a device timeout, at step 1718. If a device timeout is detected, the wearable device may wait for the user to resume cardio machine activity and may continue to calculate device headings at step 1706, when activity is resumed. If a device timeout is not detected, the wearable device may repeat steps 1712-1716 to detect a secondary indicator that confirms the end of the indoor cycling activity.

FIGS. 18-20 illustrate exemplary device heading, heart rate, and step count data collected by the wearable device during an indoor cycling activity. The heading line 1804 in FIG. 18 is analogous to the path a user would take through a room. Straight segments of the heading line 1804 having a consistent slope and direction indicate very little heading change (i.e., relative headings that are below the heading threshold for the treadmill/elliptical activity) and zig zagging lines or abrupt changes in the slope or direction of the heading line 1804 indicate a variable heading. As shown in FIG. 18, the direction of the device heading shown by the heading line 1804 remained constant at an up and to the right direction throughout the indoor cycling activity. As shown in FIG. 18, an abrupt change in slope of the heading line 1804 occurred at the variable heading point 1802 when the slope of the heading line 1804 changed from a positive slope to a negative slope. The direction of the heading line 1804 also changed at the variable heading point 1802 from an up and to the right direction to a down and to the left direction. The variable heading shown by the changes in slope and direction of the heading line 1804 may be detected by the wearable device as a primary indicator of the end of a cardio machine activity.

As shown in FIG. 19, the heart rate of the user remained elevated above resting (e.g., 80-120 bpm) during the indoor cycling activity. After the variable heading point, the heart rate decreases in the post activity area 1902 beginning at 0 minutes to the end of the workout before increasing to about the average heart rate during the indoor cycling activity. Because the heart rate remains above the resting threshold after the variable heading, the wearable device may not confirm the end of the indoor cycling activity from the heart rate data. To confirm the end of the activity, the wearable

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device may analyze the step count data shown in FIG. 20. As shown in FIG. 20, a prolonged period 2002 of zero steps was detected during the indoor cycling activity. The step count fluctuates between zero and 10 steps during the indoor cycling activity. At the end of the indoor cycling activity, more consistent step count is observed along with no prolonged periods having zero steps. Zero steps may be an indoor cycling motion feature included in an indoor cycling motion model, therefore, detecting steps after the variable heading may be used as a secondary indicator by the wearable device to confirm the end of the indoor cycling activity.

FIG. 21 illustrates an exemplary process 2100 for notifying and confirming the end of a cardio machine activity. At step 2102, a user begins a cardio machine activity. In response to the start of a cardio machine activity, the wearable device may record activity data including heart rate data, motion data, and or magnetic field data during the activity session. Activity data may be used to determine rotational data and performance information (e.g., exertion level, mechanical work done, calories burned, workout time, and the like) at step 2106. Rotational data may be used to estimate device orientations and or device headings.

At step 2108, the wearable device may detect the end of a cardio machine activity based on device heading, heart rate data, and or motion data as described above. Once the wearable device determines a cardio machine activity has ended, it may send a notification to a user requesting confirmation of the end of the cardio machine activity, at step 2110. For example, the wearable device may generate a confirmation request that is rendered on the display of the wearable device. The confirmation request may be in the form of a graphical user interface (GUI) that includes an input (e.g., button, selection, slider, free form text box, and the like) that allows the user to submit a response to the confirmation request (e.g., "Have you completed your cardio machine workout?"). In various embodiments, the confirmation request may include the type of cardio machine activity (e.g., stair stepper activity, treadmill/elliptical activity, indoor cycling activity, rowing machine activity, and the like) identified by the wearable device. At step 2112, the wearable device may receive a confirmation from a user of the end of a cardio machine activity. For example, an input into the GUI in response to the confirmation request that indicates the cardio machine activity has ended. The confirmation received from a user may be used to label the determination that the cardio machine activity has ended made by the wearable device is accurate. In response to receiving the confirmation for the user, the activity data, performance information and rotational data determined from the activity data, the device headings and device orientations estimated from the rotational data, the exertion levels calculated from the heart rate data, and motion features detected in the motion data and device headings recorded during the cardio machine activity may be labeled as generated during a known cardio machine activity. The type of cardio machine activity indicated in the confirmation received from the user may also be associated with the activity data, performance information, rotational data, device headings, device orientations, exertion levels, and motion features recorded during the activity. These labeled datasets may be included in the plurality of datasets used to determine one or more features included in motion models for each activity type and improve the accuracy and efficiency of determinations of the end of activities made by the motion models as described above.

FIG. 22 shows an exemplary process 2200 for estimating a user direction of travel using device heading. At step 2202, a user begins a cardio machine activity. At step 2204, motion data and magnetic field data are received from the one or more motion sensors and the magnetic field sensor of the wearable device. At step 2206, the wearable device determines rotational data from the motion data using 6 axis sensor fusion. The wearable device may also determine rotational data from motion data and magnetic field data using 9 axis sensor fusion at step 2206. At step 2208, device headings 2210 are estimated based on the rotational data. Relative headings describing the change in device headings over time during the activity session may also be calculated based on the device headings.

The wearable device may estimate device headings by averaging or otherwise combining the 6 axes or 9 axes of rotational data to generate the 3D rotational data discussed below in connection with FIGS. 23A-25. For example, the 2 rotational angles (e.g., one angle determined from angular acceleration and one angle determined from angular velocity) for each rotational axis (e.g., roll, pitch, and yaw) in the 6 axis sensor fusion approach may be combined to generate 3 rotational angles (e.g., one angle for each rotational axis) that describe the position of the wearable relative to an axis of rotation (e.g., yaw, pitch, and roll) within a frame of reference. For example, the frame of reference may be a fixed body frame of reference relative to a fixed portion of the wearable device or an inertial frame of reference relative to gravity. This 3D rotational data may be projected into a 2D vector. The 2D vector may then be filtered to reduce noise. For example, the three dimensional rotational data collected using the 6 axis and or 9 axis approach is a 3D vector that moves in time and can be represented as  $i(t)=(x(t), y(t), z(t))$ . Then, in some embodiments,  $i(t)$  can be projected onto the x-y plane using the gravity vector, and the resulting 2D vector can be represented as  $j(t)=(x(t), y(t))$ . The x-component and y-component of  $j(t)$  may each individually be filtered by a low-pass filter. The heading calculated for the device (i.e., device heading) corresponds to the angle between  $j(t)$  (i.e., the 2D rotational motion vector). To detect changes in the user's direction, the relative heading may be plotted to show the user's heading at multiple time points during the activity session. The change in the user's heading may then be calculated at adjacent times to show how  $j(t)$  is progressing in time. For example, suppose at  $t=0$ ,  $(x=1, y=0)$ , and then at  $t=1$ ,  $(x=0, y=1)$ , then the angle change (i.e., the change in heading) would be 90 degrees.

Device headings may also be determined using the device heading model as described above. For example, device headings may be determined based on device orientations generated from rotational data. The device orientations may describe the angle/position of the wearable device at a particular point in time during the cardio machine activity. Device orientations may be generated by applying one or more trigonometric functions (e.g., sine (sin), cosine (cos), tangent (tan), cosecant (csc), secant (sec), and cotangent (cot)) to one or more rotational angles describing the position of the wearable relative to an axis of rotation (e.g., yaw, pitch, and roll) within a frame of reference. For example, the frame of reference may be a fixed body frame of reference relative to a fixed portion of the wearable device or an inertial frame of reference relative to gravity.

In various embodiments, device headings 2210 may also be calculated by algorithmically combining the yaw component (e.g., rotational angle relative to the x axis or horizontal plane of the fixed body and or inertial frame of reference) of the rotational data generated from gyroscope

motion data, accelerometer motion data, and magnetic field data. By combining two rotational data values generated from motion data with a third rotational data value of generated from magnetic field data for each rotational axis, the accuracy of device headings may be improved. Relative device headings describing changes in device headings overtime may be computed by taking the difference between two or more device headings measured at different periods of time during the cardio machine activity.

In various embodiments, rotational data for each activity may be plotted in a 3D dimensional space bounded by three axes having a range of values between -1 and 1 to generate device orientations. By analyzing plots including a repeating sequence of motion performed during a particular type of cardio machine activity, one or more motion features may be extracted from the rotational data. In various embodiments, motion features based on device headings and/or relative device headings (e.g., relative heading values above the heading threshold that indicates the end of a particular type of cardio machine activity) may be observed in the rotational data by detecting one or more clusters, groups, sequences, patterns, and/or heuristics in the horizontal plane of the device orientation plots projecting the rotational data. For example, the number of clusters of device orientations included in the rotational data separated some lateral distance in the horizontal plane may correspond to the number of distinct device headings within the cardio machine activity. Therefore, rotational data that generates a device orientation plot having one cluster of device orientations may correspond to cardio machine activities having zero heading changes. In response to receiving a device orientation outside of the cluster, the wearable device may detect a heading change (e.g., a variable heading) as a primary indicator of the end of a cardio machine activity.

In various embodiments, the rotational data and device orientations may be generated according to techniques described in U.S. patent application Ser. No. 15/691,245, filed on Aug. 30, 2018, and entitled "SYSTEMS AND METHODS FOR DETERMINING SWIMMING METRICS," which patent application is incorporated herein in its entirety. FIGS. 23-23E below describe how the rotational data may be generated in more detail.

Device headings measured during an activity session may be sequenced and assembled into a directional diagram 2212 corresponding to how a device would move through a room if it was moving at a constant speed at each point in time. Heading line segments having the same slope and/or direction indicate consistent direction of travel at each point in time and a constant device heading. Segments of heading lines having different slopes and/or directions indicate a variable direction of travel and a variable heading. Device headings included in the directional diagram 2212 may be used to estimate a user's direction of travel during the cardio machine activity, at step 2214. Using the device headings, the wearable device may predict the user's intent to remain on a cardio machine and or the user's behavior (i.e., when the user gets off the cardio machine, when the user transitions from one cardio machine to a second cardio machine, and or when the user ends a cardio machine activity) based on the user's estimated direction of travel.

Orientation data may describe the position of a wearable device relative to a frame of reference. FIGS. 23A-D describe embodiments of orientation data generated relative to a body fixed frame of reference and FIGS. 22-23E describe embodiments of orientation data generated relative to an inertial frame of references.

FIG. 23A illustrates an example of a body-fixed frame of reference **2300** according to various embodiments of the present disclosure. In FIG. 23A, the rotational axes of body-fixed frame of reference **2300** are with respect to wearable device **100**. For example, the z-axis is perpendicular to the display surface **160** of wearable device **100**. The x-axis and the y-axis can be chosen relatively arbitrarily as long as the three axes are perpendicular to each other. In FIG. 23A, the x-axis is parallel with the direction pointed by a crown **120** of wearable device **100**, and the y-axis is parallel with the direction of the band **140** of wearable device **100** (assuming the direction pointed by the crown **120** of wearable device **100** is perpendicular to the direction of the band **140** of wearable device **100**).

FIG. 23B-23D illustrate exemplary rotational data relative to the fixed body frame of reference **2300**. The rotational data may be generated based on motion data and or magnetic field data. In FIG. 23B, the rotational data for a first device orientation **2310** includes an angle ( $\phi$ ) **2302** with respect to the positive x-axis, an angle ( $\theta$ ) **2304** with respect to the positive y-axis, and an angle ( $\Psi$ ) **2306** with respect to the positive z-axis. The first device orientation **2310** can be expressed in body-fixed frame of reference **2300** as  $[\cos(\phi), \cos(\theta), \cos(\Psi)]$ , which is a non-limiting exemplary format for the first set of rotational data. The second device orientation **2320** shown in FIG. 23B is parallel with and pointing toward the positive x-axis. Therefore, the rotational data includes the angle ( $\phi$ ) between the second device orientation **2320** and the positive x-axis measuring 0-degrees; the angle ( $\theta$ ) between the second device orientation **2320** and the positive y-axis measuring 90-degrees; and the angle ( $\Psi$ ) between second device orientation **2320** and the positive z-axis measuring 90-degrees. Therefore, the second device orientation **2320** can be expressed as  $[\cos(0), \cos(90), \cos(90)]$ , which is  $[1, 0, 0]$ . A third device orientation **2330** shown FIG. 23B is parallel with and pointing toward the positive z-axis, so the rotational data for the third device orientation **2330** includes the angle ( $\phi$ ) between the third device orientation **2330** and the positive x-axis measuring 90-degrees; the angle ( $\theta$ ) between the third device orientation **2330** and the positive y-axis measuring 90-degrees; and the angle ( $\Psi$ ) between the third device orientation **2330** and the positive z-axis measuring 0-degrees. Therefore, the third device orientation **2330** can be expressed as  $[\cos(90), \cos(90), \cos(0)]$ , which is  $[0, 0, 1]$ . As yet another example, the fourth device orientation **2340** represents direction of gravity in FIG. 23B and is parallel with and pointing toward the negative y-axis. The rotational data for the fourth device orientation **2340** includes the angle ( $\phi$ ) between the fourth device orientation **2340** and the positive x-axis measuring 90-degrees; the angle ( $\theta$ ) between the fourth device orientation **2340** and the positive y-axis measuring 180-degrees; and the angle ( $\Psi$ ) between the fourth device orientation **2340** and the positive z-axis measuring 90-degrees. Therefore, the fourth device orientation **2340** can be expressed as  $[\cos(90), \cos(180), \cos(90)]$ , which is  $[0, -1, 0]$ .

In FIG. 23C, wearable device **100** is held vertically. As discussed earlier, the x-axis is parallel with direction pointed by the crown **120**, the y-axis is parallel with the band **140**, and the z-axis is perpendicular to the display surface **160**. A fifth device orientation **2350** in FIG. 23C is parallel with the direction pointed by the crown **120**. In the rotational data for the fifth device orientation **2350**, the angle ( $\phi$ ) between the fifth device orientation **2350** and the positive x-axis measures 0-degrees; the angle ( $\theta$ ) between the fifth device orientation **2350** and the positive y-axis measures 90-degrees; and the angle ( $\Psi$ ) between the fifth device orientation

**2350** and the positive z-axis measures 90-degrees. Therefore, the fifth device orientation **2350** can be expressed as  $[\cos(0), \cos(90), \cos(90)]$ , which is  $[1, 0, 0]$ . The fourth device orientation **2340** represents direction of gravity in FIG. 23C and is parallel with and pointing toward the negative y-axis. The rotational data for the fourth device orientation **2340** includes the angle ( $\phi$ ) between the fourth device orientation **2340** and the positive x-axis measuring 90-degrees; the angle ( $\theta$ ) between the fourth device orientation **2340** and the positive y-axis measuring 180-degrees; and the angle ( $\Psi$ ) between the fourth device orientation **2340** and the positive z-axis measuring 90-degrees. Therefore, the fourth device orientation **2340** in FIG. 23C can be expressed as  $[\cos(90), \cos(180), \cos(90)]$ , which is  $[0, -1, 0]$ .

In FIG. 23D, wearable device **100** is rotated 45-degree clockwise compared with FIG. 23C. As discussed earlier, the x-axis is parallel with direction pointed by the crown **120**, the y-axis is parallel with the band **140**, and the z-axis is perpendicular to the display surface **160**. The fifth device orientation **2350** in FIG. 23D represents the direction pointed by the crown **120**. The rotational data for the fifth device orientation includes the angle ( $\phi$ ) between the fifth device orientation **2350** and the positive x-axis measuring 0-degrees; the angle ( $\theta$ ) between the fifth device orientation **2350** and the positive y-axis measuring 90-degrees; and the angle ( $\Psi$ ) between the fifth device orientation **2350** and the positive z-axis measuring 90-degrees. Therefore, the fifth device orientation **2350** can be expressed as  $[\cos(0), \cos(90), \cos(90)]$ , which is  $[1, 0, 0]$ . The fourth device orientation **2340** represents direction of gravity in FIG. 23D. The rotational data for the fourth device orientation **2340** includes the angle ( $\phi$ ) between the fourth device orientation **2340** and the positive x-axis measuring 45-degrees; the angle ( $\theta$ ) between the fourth device orientation **2340** and the positive y-axis measuring 135-degrees; and the angle ( $\Psi$ ) between the fourth device orientation **2340** and the positive z-axis measuring 90-degrees. Therefore, the fourth device orientation **2340** in FIG. 23D can be expressed as  $[\cos(45), \cos(135), \cos(90)]$ , which is  $[0.707, -0.707, 0]$ .

It is noted that the expression of the fifth device orientation **2350** is the same in FIG. 23C and FIG. 23D even though wearable device **100** has rotated. This is because the fixed-body frame of reference **2300** is always fixed with respect to wearable device **100**. As a result, when position of wearable device **100** changes, the fifth device orientation changes along with three axes in the fixed-body frame of reference **2300**. Therefore, the relative position between the fifth device orientation **2350** and the three axes remain the same. On the other hand, although the direction of the fourth device orientation **2340** parallel with gravity does not change in an "absolute" sense, it does not rotate together with wearable device **100**. Therefore, the expression of the fourth device orientation **2340** changes in the body-fixed frame of reference **2300** when wearable device changes position.

FIG. 24 illustrates an inertial frame of reference **2400** according to some embodiments of the present disclosure. In FIG. 24, the z-axis (or the yaw axis) is based on the direction of gravity. The x-axis (or the roll axis) and the y-axis (or the pitch axis) can be chosen relatively arbitrarily as long as the three axes are perpendicular to each other.

FIGS. 25A-25E illustrate an example of an inertial frame of reference **2500** according to some embodiments of the present disclosure. FIG. 25A depicts inertial frame of reference **2500** in a context where a user is running on a treadmill without gripping the handrails. 25B depicts inertial

frame of reference **2500** in a context where a user is running on a treadmill and gripping the handrails. In FIG. **25A**, the z-axis (or the yaw axis) in the inertial frame of reference is based on the direction of gravity rather than the wearable device itself. In some embodiments, the x-axis (or the roll axis) and the y-axis (or the pitch axis) can be chosen relatively arbitrarily as long as the three axes are perpendicular to each other. In FIG. **25A**, the z-axis is also referred to as yaw axis because any yaw movement rotates around the z-axis. Similarly, the x-axis is also referred to as roll axis because any roll movement rotates around the x-axis. The y-axis is referred to as pitch axis because any pitch movement rotates around the y-axis. By knowing the difference between the three-axis in the fixed-body frame of reference **2300** and the three-axis in the inertial frame of reference **2500**, the rotational data expressed in the fixed-body frame of reference **2300** can be converted into the rotational data expressed in the inertial frame of reference **2500** using techniques appreciated by people skilled in the art.

In various embodiments, when the user is running on a treadmill and gripping the handrails, as shown in FIG. **25B**, the orientation or the wearable device **100** may remain constant because the user's arm/wrist pose may not change. Therefore, the rotational data and or the device orientation may not change for the period of time during the treadmill activity when the user maintains this position. During periods of zero or little change in device orientation, motion data indicating a stepping motion may not be detected. Accordingly, no change in rotational data may be detected and the device heading may remain the same. The constant direction of user travel ensures device orientations measured while the user is in this position will be included in the same cluster of rotational data in the device orientation plot. Therefore, no variable heading will be detected in when the user is in the position shown in FIG. **25B**.

FIG. **25C** illustrates rotational data of the wearable device **100** with respect to inertial frame of reference **2500**. The rotational data may be used to determine a device orientation. In FIG. **25C**, a sixth device orientation **2510** may be described by rotational data that includes an angle ( $\phi$ ) **2502** with respect to the positive x-axis, an angle ( $\theta$ ) **2504** with respect to the positive y-axis, and an angle ( $\Psi$ ) **2506** with respect to the positive z-axis. The sixth device orientation **2510** can be expressed in body-fixed frame of reference **2500** as  $[\cos(\phi), \cos(\theta), \cos(\Psi)]$ , which is an exemplary format of the rotational data used to determine the sixth device orientation.

FIGS. **25D** and **25E** illustrate how same orientations in FIGS. **23C** and **23D** can be expressed differently in inertial frame of reference **2500**. In FIG. **25D**, wearable device **100** is held vertically, which is the same as FIG. **23C**. As discussed earlier, the z-axis is based on the gravity in inertial frame of reference **2500**. In FIG. **25D**, the positive z-axis is chosen as the direct opposite position of gravity, the x-axis is perpendicular to the z-axis and pointing right horizontally, and the y-axis is perpendicular to both x-axis and y-axis and pointing "out" of FIG. **25D**. The fifth device orientation **2350** in FIG. **25D** represents the direction pointed by the crown **120**, so the angle ( $\phi$ ) between the fifth device orientation **2350** and the positive x-axis is 0-degrees; the angle ( $\theta$ ) between the fifth device orientation **2350** and the positive y-axis is 90-degrees; and the angle ( $\Psi$ ) between the fifth device orientation **2350** and the positive z-axis is 90-degrees. Therefore, the fifth device orientation **2350** can be expressed as  $[\cos(0), \cos(90), \cos(90)]$ , which is  $[1, 0, 0]$ . As another example, the fourth device orientation **2340** represents direction of gravity in FIG. **25D** and is parallel with

and pointing toward the negative z-axis, so the angle ( $\phi$ ) between the fourth device orientation **2340** and the positive x-axis is 90-degrees; the angle ( $\theta$ ) between the fourth device orientation **2340** and the positive y-axis is 90-degrees; and the angle ( $\Psi$ ) between the fourth device orientation **2340** and the positive z-axis is 180-degrees. Therefore, the fourth device orientation **2340** in FIG. **25D** can be expressed as  $[\cos(90), \cos(90), \cos(180)]$ , which is  $[0, 0, -1]$ .

In FIG. **25E**, wearable device **100** is rotated 45-degree clockwise compared with FIG. **25D**. Because the three axes are based on gravity, the axes remain in the same position as FIG. **25D**. The fifth device orientation **2350** in FIG. **25E** represents the direction pointed by the crown **120**, and the angle ( $\phi$ ) between the fifth device orientation **2350** and the positive x-axis is 45-degrees; the angle ( $\theta$ ) between the fifth device orientation **2350** and the positive y-axis is 90-degrees; and the angle ( $\Psi$ ) between the fifth device orientation **2350** and the positive z-axis is 135-degrees. Therefore, the fifth device orientation **2350** can be expressed as  $[\cos(45), \cos(90), \cos(135)]$ , which is  $[0.707, 0, -0.707]$ . As another example, the fourth device orientation **2340** represents direction of gravity in FIG. **25E**. The angle ( $\phi$ ) between the fourth device orientation **2340** and the positive x-axis is 90-degrees; the angle ( $\theta$ ) between the fourth device orientation **2340** and the positive y-axis is 90-degrees; and the angle ( $\Psi$ ) between the fourth device orientation **2340** and the positive z-axis is 180-degrees. Therefore, the fourth device orientation **2340** in FIG. **25E** can be expressed as  $[\cos(90), \cos(90), \cos(180)]$ , which is  $[0, 0, -1]$ .

It is noted that the expression of the fourth device orientation **2340** is the same in FIG. **25D** and FIG. **25E** even though wearable device **100** has rotated. This is because the inertial frame of reference **2500** is always fixed with respect to gravity. As a result, when position of wearable device **100** changes, the three axes in inertial frame of reference **2500** do not change with the wearable device but instead remain fixed just as the direction of gravity remains fixed. On the other hand, the fifth device orientation **2350** does move with respect to the three axes in the inertial frame of reference because the fifth device orientation **2350** corresponds to the position of the crown of the wearable device. Accordingly, the rotational data describing the fifth device orientation **2350** changes in the inertial frame of reference **2500**.

The foregoing description is intended to convey a thorough understanding of the embodiments described by providing a number of specific exemplary embodiments and details involving activity detection, workout performance tracking, efficient use of battery and compute resources, power management in wearable devices, cardio machine activity monitoring, device heading tracking, user direction of travel tracking, and cardio machine motion classification. It should be appreciated, however, that the present disclosure is not limited to these specific embodiments and details, which are examples only. It is further understood that one possessing ordinary skill in the art, in light of known systems and methods, would appreciate the use of the invention for its intended purposes and benefits in any number of alternative embodiments, depending on specific design and other needs.

It is to be understood that the disclosed subject matter is not limited in its application to the details of construction and to the arrangements of the components set forth in the following description or illustrated in the drawings. The disclosed subject matter is capable of other embodiments and of being practiced and carried out in various ways. Also, it is to be understood that the phraseology and terminology employed herein are for the purpose of description and

should not be regarded as limiting. As such, those skilled in the art will appreciate that the conception, upon which this disclosure is based, may readily be utilized as a basis for the designing of other structures, methods, and systems for carrying out the several purposes of the disclosed subject matter. Therefore, the claims should be regarded as including such equivalent constructions insofar as they do not depart from the spirit and scope of the disclosed subject matter.

As used herein, the singular forms “a”, “an”, and “the” are intended to include the plural forms as well, unless the context clearly indicates otherwise. It will be further understood that the terms “includes” and/or “including”, when used in this specification, specify the presence of stated features, integers, steps, operations, elements, and/or components, but do not preclude the presence or addition of one or more other features, integers, steps, operations, elements, components, and/or groups thereof.

As used herein, the terms “and/or” and “at least one of” include any and all combinations of one or more of the associated listed items.

Certain details are set forth in the foregoing description and in FIGS. 1-25E to provide a thorough understanding of various embodiments of the present invention. Other details describing well-known structures and systems often associated with wearable devices, cardio machine activities, activity detection, workout performance tracking, efficient use of battery and compute resources, power management in wearable devices, device heading tracking, user direction of travel tracking, cardio machine motion classification, and the like, however, are not set forth below to avoid unnecessarily obscuring the description of the various embodiments of the present invention.

Although the disclosed subject matter has been described and illustrated in the foregoing exemplary embodiments, it is understood that the present disclosure has been made only by way of example, and that numerous changes in the details of implementation of the disclosed subject matter may be made without departing from the spirit and scope of the disclosed subject matter.

The invention claimed is:

1. A method for improving performance of a wearable device while recording a cardio-machine activity, the method comprising:

starting a recording of the cardio machine activity on the wearable device;

measuring, by a motion sensing module of the wearable device, motion data of a user of the wearable device;

measuring, by a heart rate sensing module of the wearable device, heart rate data of the user, the heart rate sensing module comprising a photoplethysmogram (PPG) sensor configured to be worn adjacent to the user's skin;

detecting, by a processor circuit, an end of the cardio-machine activity by:

determining rotational data from the motion data, the rotational data describing a position of the wearable device in a three-dimensional space relative to a frame of reference;

estimating a device heading based on the rotational data;

tracking the heading of the wearable device at multiple time points during the cardio machine activity to estimate a relative heading;

detecting a variable heading by determining that the relative heading exceeds a heading threshold;

detecting the end of the cardio machine activity in response to detecting the variable heading; and

confirming the end of the cardio-machine activity based on at least one of the heart rate data and the motion data; and

in response to the confirming the end of the cardio-machine activity, ending, by the processor circuit, the recording of cardio machine activity.

2. The method of claim 1, comprising:

determining, by the processor circuit, a current heart rate of the user at a point in time during the cardio machine activity based on the heart rate data;

determining, by the processor circuit, an average user heart rate for the heart rate data measured during the cardio machine activity;

determining, by the processor circuit, a relative heart rate by calculating a difference between the current heart rate and the average user heart rate;

comparing, by the processor circuit, the relative heart rate to a relative heart rate threshold; and

confirming, by the processor circuit, the end of the cardio machine activity based on determining the relative heart rate falls below the relative heart rate threshold.

3. The method of claim 1, comprising:

calculating, by the processor circuit, a level of exertion for the user based on the heart rate of the user;

comparing, by the processor circuit, the level of exertion to a level of exertion threshold for the cardio-machine activity;

confirming, by the processor circuit, the end of the cardio machine activity based on determining the user level of exertion falls below the level of exertion threshold.

4. The method of claim 3, wherein the cardio-machine activity is at least one of a rowing activity, a stair stepper activity, a treadmill/elliptical activity, or an indoor cycling activity.

5. The method of claim 1, comprising:

receiving, by the processor circuit, magnetic field data from a magnetic field sensor of the wearable device; and

improving, by the processor circuit, an accuracy of the device heading using the magnetic field data.

6. The method of claim 5, comprising:

determining, by the processor circuit, the device heading based on a first plurality of pieces of rotational data determined based on the motion data and a second plurality of pieces of rotational data determined based on the magnetic field data.

7. The method of claim 1, comprising:

characterizing, by the processor circuit, a motion of the user during the cardio-machine activity by comparing the motion data to one or more motion features included in a motion model for the cardio-machine activity.

8. The method of claim 7, comprising detecting, by the processor circuit, a non-performance of the one or more motion features included in the motion model for the cardio-machine activity; and

in response to detecting the non-performance of the one or more motion features, confirming, by the processor circuit, the end of the cardio-machine activity.

9. The method of claim 8, wherein the motion model for the cardio-machine activity is at least one of a motion model for a rowing activity, a motion model for a stair stepper activity, a motion model for a treadmill/elliptical activity, or a motion model for an indoor cycling activity.

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10. The method of claim 9, wherein one or more motion features included in the motion model for the rowing activity include rowing strokes observable at intervals during the rowing activity.

11. The method of claim 7, wherein the one or more motion features included in the motion model for the stair stepper activity and the motion model for the treadmill/elliptical activity include motion data indicating no change in the wrist pose of the user.

12. The method of claim 7, wherein the one or more motion features included in the motion model for an indoor cycling activity include no observable steps, a low pose of the user, and a subtle arm swing observable at intervals during the indoor cycling activity.

13. The method of claim 7, comprising detecting, by the processor circuit, a performance of the one or more motion features in included in the motion model for the cardio-machine activity; and

in response to detecting the performance of the one or more motion features, confirming, by the processor circuit, the end of the cardio-machine activity.

14. The method of claim 13, wherein the motion model for the cardio-machine activity is at least one of a motion model for a rowing activity, a motion model for a stair stepper activity, a motion model for a treadmill/elliptical activity, or a motion model for an indoor cycling activity.

15. The method of claim 14, wherein the one or more motion features for the motion model for the rowing activity include a stepping motion during the rowing activity.

16. The method of claim 14, wherein the one or more motion features for the motion model for the stair stepper activity include a rowing motion during the stair stepper activity.

17. The method of claim 14, wherein the one or more motion features for the motion model for the treadmill/elliptical activity and the motion model for the indoor cycling activity include a side stepping motion during the treadmill/elliptical activity or the indoor cycling activity.

18. A system for improving performance of a wearable device while recording a cardio machine activity, the system comprising:

a motion sensing module configured to collect motion data of a user of the wearable device;

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a heart rate sensing module configured to measure heart rate data of the user, wherein the heart rate sensing module comprises a photoplethysmogram (PPG) sensor and the PPG sensor is configured to be worn adjacent to the user's skin; and

a processor circuit in communication with the motion sensing module and the heart rate sensing module, the processor circuit configured to execute instructions causing the processor circuit to:

begin recording of the cardio machine activity; determine rotational data from the motion data, the rotational data describing a position of the wearable device in a three dimensional space relative to a frame of reference;

estimate a device heading based on the rotational data; track the device heading at multiple time points during the cardio machine activity to estimate a relative heading;

detect a variable heading by determining that the relative heading exceeds a heading threshold for the cardio machine activity,

detect an end of the cardio machine activity based on the variable heading;

confirm the end of the cardio machine activity based on at least one of the heart rate data or the motion data; and

end recording of the cardio machine activity in response to the confirming.

19. The system of claim 18, wherein the processor circuit is further configured to:

determine a current heart rate of the user at a point in time during the cardio machine activity;

determine an average user heart rate for the heart rate data measured during the cardio machine activity;

determine a relative heart rate by calculating a difference between the current heart rate and the average user heart rate;

compare the relative heart rate to a relative heart rate threshold; and

confirm the end of the cardio machine activity when the relative heart rate falls below the relative heart rate threshold.

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